

FREE WORKSHOP



An Introduction to **Communicating Compassionately** in a World of Conflict

Sunday, April 11, 2010 – 1:00 pm until 4:00 pm
Blackstone Library - Branford, CT

Transform conflict in your home, workplace, school and in your community

Based on the work of Marshall Rosenberg and the Center for Nonviolent Communication

Through a combination of lecture, group exercises, video and role plays, we will examine the thinking, language, and moralistic judgments that keep us from managing the conflicts in our lives. We will explore the 4-Part NVC process and how it can be used to express ourselves in ways people can hear without judgment or raising defenses. We will also explore new ways to hear what others are saying so we don't hear blame or create enemy images. You'll start to manage conflicts more easily, request what you want without using demands and begin to strengthen your personal and professional relationships.

Learn How To...

In the Workplace:

- Manage workplace conflict easily and effectively
- Initiate difficult conversations with ease and confidence
- Improve workplace morale

In your home:

- Hear the needs behind your child's "no"
- Clearly express your needs in a way your family will hear
- Create more intimacy in your relationships

In your community:

- Effectively mediate cross-cultural concerns
- Transform enemy images into mutually satisfying negotiations
- Manage conflicts peacefully

In schools:

- Improve safety, trust and co-operation in the classroom
- Empower kids to resolve or prevent conflicts on their own
- Improve parent-teacher relations

About the presenter: Twice the victim of violent crimes, Joe Brummer has spent years exploring why people commit acts of violence against others. He has studied nonviolence, conflict resolution and clocked hundreds of hours at the mediation table. He has worked with the Institute for the Study and Practice of Nonviolence to bring nonviolence to youth in schools, trained with the Community Mediation Center of RI and serves on their Juvenile Restorative Justice Advisory Board. In the winter 2008, Joe attended the International Intensive Training on Nonviolent Communication. He has presented on NVC at national conventions, universities and private organizations across New England. Joe is the Connecticut representative for New England NVC. View his website at www.speakcompassion.com

NO REGISTRATION REQUIRED – QUESTIONS: (401) 996-5438

A small selection of NVC materials will be available for purchase by cash or check