



Mindful Communication

A workshop expanding our capacity for connection

Bring mindfulness into your daily interactions, expand awareness and fine-tune skills that foster connection and collaboration. This workshop is inspired by the time-tested process of *NVC, Nonviolent Communication*, an effective roadmap for transforming habits of criticism and disconnection into the aliveness and joy of authentic connection. NVC is a way of looking at the world through the eyes of compassion, supported by a specific and practical skill-set.

Together we will work on ways to:

- Practice the art of deep listening
- Use resonant language to deepen connection
- Foster kindness towards yourself & others
- Befriend emotional states, welcome feelings without judgment
- Discover the beauty of underlying human needs
- Resolve arguments and conflict peacefully

"Bringing about peaceful change begins with working on our own mindsets, on the way we view ourselves and others, on the way we get our needs met."

Dr. Marshall B. Rosenberg, founder of *Nonviolent Communication*

When: Saturday, May 12th, 1:00-4:00 pm

Where: Yoga & Meditation Centre Calgary, 2028b-33 Ave SW (Marda Loop)

Registration: \$60, www.yogamcc.com info@yogamcc.com 403-251-9642

Facilitator: Barbara C Wiebe, BEd, CPC, NVC Trainer

www.ConsciousCommunication.info

Barbara, Certified Life Coach and workshop facilitator, long-time practitioner of mindfulness and Yoga, offers perspectives and tools that empower personal and social change. Inspired by her training in *NVC, Nonviolent Communication*, blending spirituality and practicality, Barbara enjoys supporting people in the journey of transforming ourselves, our relationships and the world we live in.



"This exploration has spoken deeply to my desire to transform my own consciousness and to enlarge and deepen my connection with others. I appreciate your skill and the safe container you offer." Heather C, workshop participant