



NVC Practice Group

Keys to Compassion

* March through May 2018 *

~ Does anyone really listen to you?
~ Do your inner voices run the show?
~ Are you ready to deepen self-compassion?
~ Looking for language that connects?

Learning the art and science of heart-felt communication is a solid foundation for our greatest well-being, for self-understanding, for quality relationships, for transformation...

Topics for interactive exploration and integration:

Mar 6	Our Nature – Giving from the Heart (Text, Ch #1)
Mar 13	Communication that Blocks Compassion (Ch #2)
April 3	Observing Without Evaluating (Ch #3)
April 10	Identifying and Expressing Feelings (Ch #4)
April 24	Emotional Liberation (Ch #5)
May 1	Requests that Enrich Life (Ch #6)
May 8	Listening with Empathy (Ch #7)
May 29	The Power of Empathy (Ch #8)

When: Tuesday evenings, 7:00 to 9:00 pm

Where: 1627-41 Street SW, Calgary, AB

Registration: \$160 for series of eight evenings, \$25 drop-in
Sliding scale available

Contact: barbarawiebe@gmail.com 403-242-9747

Prerequisite: Read *Nonviolent Communication*, Dr. Marshall Rosenberg

Facilitator: Barbara C Wiebe, BEd, CPC

Certified Life Coach, NVC Facilitator, www.ConsciousCommunication.info



"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 NVC, *Nonviolent Communication*