



# EMPATHY WORKS

On-going Communication Practice Group

\* July to November 2018 \*

We are a community of like-minded people, together fine-tuning our capacity for heart-to-heart communication – in an environment designed for us to:

- Practice the art of deep listening and loving speech
- Befriend our body sensations, emotions, and inner truth
- Transform reactivity and negativity into resilience
- Experience deep resonance with oneself, another and all life
- Co-create the new culture of empathy and care
- Align our words with the heart's intention

## Dates and topics for interactive learning and integration:

**July 8<sup>th</sup>** **Connecting Compassionately with Ourselves** (Ch #9)  
**Aug 5<sup>th</sup>** **Expressing Anger Fully** (Ch #10)  
**Sep 9<sup>th</sup>** **Protective Use of Force** (Ch #11)  
**Oct 14<sup>th</sup>** **Liberating Ourselves and Counseling Others** (Ch #12)  
**Nov 11<sup>th</sup>** **Expressing Appreciation** (Ch #13)

**When:** Sunday afternoons, 2:00-5:00 pm, potluck follows.

**Where:** 1627-41 Street SW, Calgary, AB

**Registration** (monthly): [barbarawiebe@gmail.com](mailto:barbarawiebe@gmail.com) or 403-242-9747

Sliding scale, \$30-\$40-\$50. Maximum 12 people.

**Prerequisite:** Read *Nonviolent Communication*, Marshall B. Rosenberg, Ph.D. See topics and chapters to read above.

**Facilitator:** Barbara C. Wiebe, BEd, CPC  
Educator, Certified Life Coach, NVC Facilitator  
[www.ConsciousCommunication.info](http://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.”**

Marshall B. Rosenberg, PhD, founder of *NVC, Nonviolent Communication*