



EMPATHY WORKS

On-going Communication Practice Group

* March to November 2019 *

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 body sensations, emotions, and needs
- Transform reactivity and negativity into compassion
- Cultivate resonance with oneself, another and all life
- Help usher in the consciousness of presence and empathy

Dates and topics for experiential learning and integration:

March 10 th	Intention, Attention and Awareness (Ch #1 & 2)
April 7 th	Name it to Tame It: Feelings and Needs (Ch #3 & 4)
May 5 th	Accepting Responsibility (Ch #5 & 6)
June 2 nd	The Science and the Art of Empathy (Ch #7 & 8)
July 7 th	Connecting Compassionately with Ourselves (Ch #9)
Aug 11 th	The Life-Serving Role of Anger (Ch #10)
Sep 8 th	Power-Over vs Power-With (Ch #11)
Oct 6 th	Freeing Ourselves from Old Programming (Ch #12)
Nov 10 th	Opening to Appreciation and Gratitude (Ch #13)

When: Sunday afternoons, 2:00-5:00 pm.

Where: 1627-41 Street SW, Calgary, AB

Registration (monthly): barbarawiebe@gmail.com

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



"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*