



LET'S CONNECT! Intermediate NVC book study/practice group

Welcome Medicine Hat Group & more! We're excited to follow up on Anne, Barbara, and Lynn's Spring Introductory NVC (Nonviolent Communication) Series. We are now offering you an intermediate NVC learning and practice opportunity September through October 2020. This 6-part series is designed to take your understanding and practice to the next level of integration in daily living.

Session Topics

- Review of the basic components of NVC
- Empathy for oneself and another
- Finding the beauty in anger
- Fine-tuning requests to deepen trust and connection
- NVC appreciation and gratitude
- Bringing it all together: Translating Jackal to Giraffe Language

Course Details

- **Frequency:** Weekly, 1 ½ hour sessions on Zoom
- **Dates:** Wednesday, Sept 23 & 30, October 7, 14, 21, 28, 2020
- **Time:** 8 – 9:30 AM MDT
- **Cost:** Our request is CAD \$100 - \$180/person (min. 10 attendees registered by Sept 1st.) To register please contact Donna Robinson at [drobin31@telusplanet.net](mailto:d robin31@telusplanet.net) or 403-529-7666. Your contribution supports us in offering trainings over the long term. Please contact us if a different contribution is more workable for you.
- **Prerequisite:** Introductory level training, thorough reading of the book, *Nonviolent Communication*.

Questions/ Inquiries? Please contact Barbara at barbarawiebe@gmail.com

Facilitators

Barbara Wiebe & Lynn McLaughlin have been collaborating since the 2020 NVC Conference. Lynn, a seasoned practitioner on the certification path, began practicing in 2009. Barbara, trained with the founder of NVC, Marshall Rosenberg, has offered NVC workshops and coaching since 2006. Barbara & Lynn have trained with many CNVC trainers including Anne Walton, Jim & Jori Manske, Mary MacKenzie, Robert Gonzales, and Sarah Peyton.



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Conscious Communication: Tools for Transformation
www.ConsciousCommunication.info