

January 26, 2009

# Compassionate Communication ~ NVC Houston

"Empathy is a quality of character that can change the world" - President Barack Obama



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### NVC Workshops March 5,6,7,8

Leading From the Heart:

Creating the World You Want to Live In!

- **FREE** audio download with Inbal Kashtan
- **FREE** audio download – Family Coach
- **FREE** download - meditation on compassion

### Houston Practice Groups starting !

Downtown, The Woodlands, Bellaire

## March 5,6,7,8 Workshops

### Leading From the Heart: Creating the World You Want to Live In!

Facilitators: **Jori & Jim  
Manske,**



Certified Trainers and Mediators with The Center for Nonviolent Communication. Their engaging style and playful wisdom will inspire you. Their workshops include interactive and experiential activities.

**More about Jim & Jori Manske:**  
[www.radicalcompassion.com](http://www.radicalcompassion.com) or  
[compassionateleadershiptraining.com](http://compassionateleadershiptraining.com)

Schedule of workshops:

◆ **Thursday, March 5, 6:30-9:30pm - FREE INTRO:  
"Speaking Peace"**

◆ **Friday, March 6, noon-4pm "Difficult  
Conversations: Connecting With Compassion"**  
Cost: \$35; before 2/16: \$30.

◆ **Friday, March 6, 6:30 "Connecting With  
Compassion, a relationship workshop", Cost: \$35;  
before 2/16 \$30.**

◆ **Saturday, March 7, 9:30am-5:30pm includes  
Lunch. Cost \$85**

and

◆ **Sunday, March 8, 1:30pm – 5:30pm includes  
Dinner at 6pm. Cost: \$55.**

**Cost for both days: \$130, before 2/26 \$120**

**Workshop: "Creating the World You Want to Live In!"** For more than forty years, NVC has been successfully used in organizations, homes and conflict zones around the globe! ◆ Discover a life-changing practice that builds trust, transforms conflict, and creates harmony in your relationships and in your life. We'll focus on how to

◆ Liberate ourselves from limiting beliefs and enemy images;

## A project of The Decade of Nonviolence Houston

### OPPORTUNITIES

### **FREE** Introductory Coaching Session and **FREE** Preview Calls

Wendy McDonnell, Family Relationship Life Coach who specializes in Conflict Resolution, Communication Skills, and Collaborative Divorce for progressive parents who want to value all our needs no matter how old we are. [www.CompassionateSolutions.ca](http://www.CompassionateSolutions.ca)

Wendy is facilitating 2 **FREE preview calls** in January: Monday 26th and Wednesday 28th: 7 pm Central time. Read more about them on my blog:  
[http://compassionatesolutions.ca/compassion\\_in\\_action/](http://compassionatesolutions.ca/compassion_in_action/)

Enjoy a **FREE Introductory Coaching Session** and Consultation. Subscribe to Wendy's **FREE** newsletter and receive your gift: 10 Simple Actions you can do today to bring more peace into your life now! Her blog:  
<http://www.askWendyMcDonnell.com>

## HOUSTON PRACTICE GROUPS For 2009

### Medical Center Area

(First Unitarian Universalist Church, 5200 Fannin)  
Leader/facilitator: During the 2009 Season for Nonviolence, Margaret Kallsen is offering "**Practicing Conscious and Compassionate Communication**" Thursdays, January 29 – April 2 (8 sessions\*), 7:00-9:00 PM, Room 304; First UU Church, 5200 Fannin, Houston TX.  
[Sessions will NOT meet on February 26 and March 19.]  
◆ Contact Margaret, (713) 869-0820 or by email, [mkallsen@yahoo.com](mailto:mkallsen@yahoo.com)

### Conroe/ The Woodlands area

Peer-led Empathy Practice and Study using the Companion Workbook to Marshall's book  
◆ Contact for information: Victoria Williams, (281) 296-0779, or email, [vickieg@sbcglobal.net](mailto:vickieg@sbcglobal.net)

### Bellaire, TX area

Peer-led Empathy Practice and Study using the Companion Workbook to Marshall's book  
◆ Contact for information: Shonali Jacob, (832) 771-3193, or email, [shonali\\_jacob@yahoo.com](mailto:shonali_jacob@yahoo.com)

**Meditation on Self-Compassion** is offered by NVC

- ◆ Create relationships based on mutual respect and satisfaction using requests;
- ◆ Grow our understanding of power and work toward a need-based, connection-based paradigm in the world

For all the registration information—including PAY PAL on-line payment and how to register by mail: please go to our website: [www.DecadeofNonviolenceHouston.org](http://www.DecadeofNonviolenceHouston.org)

### **Workshops sponsored by Decade of Nonviolence-Houston and First Unitarian Universalist Church**

## **INBAL KASHTAN on FREE one hour audio**

Inbal is the author of *Parenting from Your Heart: Sharing the Gifts of Compassion, Connection, and Choice*, a certified trainer with The Center For Nonviolent Communication, is co-founder of BayNVC and the Parenting Project Coordinator for the Center for Nonviolent Communication.

The Consciously Parenting Project is an organization dedicated to providing cutting edge brain research on the neurological and physiological impact of adoption and trauma, and love-based parenting support for conscious decision-making in all areas of family life. Stephanie Bachmann Mattei, Ph.D., instructor of our Parenting from Your Heart class series, interviewed Inbal Kashtan on December 29, 2008. We invite you to join them as they discuss NVC and parenting in this **FREE one hour audio**.

[http://www.consciouslyparenting.com/interview\\_Inbal\\_Kashtan\\_rec.html](http://www.consciouslyparenting.com/interview_Inbal_Kashtan_rec.html)

### **About NVC:**

NVC has been described as a road map out of conflict, as a language of compassion, and as a tool for positive social change.

Nonviolence is more than "not being physically violent." Nonviolence represents a way of being with a quality of presence that is rooted in the commitment to honor the integrity of another human being (and our own).

NVC is a way of living — how we relate to others and ourselves. It is a way of communicating that supports connection with and compassion for ourselves and others. Out of this connection, everyone's needs are valued and we regain our natural joy in giving.

### **Learning NVC is learning to:**

- Build relationships based on compassion, connection and choice.
- Accurately understand other people's feelings and needs.
- Be assertive and open at the same time.
- Break patterns of thinking that lead to anger and depression.
- Dissolve the fear of rejection.
- Cope with demands without giving in or becoming defensive.
- Encourage the reconnecting process of repair when ruptures in relationships happen.

### **As a practice, Nonviolent Communication:**

- Facilitates the flow of communication needed to guide the conversation toward synergistic solutions.
- Focuses on shared human values and needs.
- Transforms potential conflicts into peaceful dialogues.
- Encourages the use of language that increases good will, and compassion for ourselves and others.
- Empowers to Know where to go from "NO"
- Provides an alternative to language that contributes to fear, guilt and shame, and therefore resentment or lowered self-esteem.

trainer Inessa Love through her newsletter, CONNECTION TIMES.

Inessa "believes self-compassion is the basis for the practice of Nonviolent Communication and the foundation on which we can build meaningful and satisfying relationships." This meditation offers a very nourishing and healing practice. When you click on the link below, it will either start playing automatically or allow you to download it to your computer, depending on your settings [http://www.connectiontimes.org/CT/Meditation\\_on\\_Self\\_Compassion\\_16bit.mp3](http://www.connectiontimes.org/CT/Meditation_on_Self_Compassion_16bit.mp3) Inessa requests feedback.

## **COMPASSION TIP of the week**

### **Staying Out of Your Head**

For most of us, learning to communicate has meant staying as Marshall Rosenberg puts it, "up in our head" rather than in our heart. "Feelings are simply not important. We are trained to be 'other-directed' rather than be in contact with ourselves," says Dr. Rosenberg

We have more words for calling people names in our everyday vocabulary than we have for clearly expressing our emotional state. It's easier to call someone a name than to stop and connect with our own feelings and needs.

We are taught to approach a problem in an analytical way. Finding the "right way to think" will serve us better every time, we're told.

But what we really need for guiding our way and finding a solution that best serves all involved is to keep our head out of our heart. This means checking in with how we feel in the situation first and then using our head to develop strategies for dealing with the present challenge.

It's important to use both our ability to think AND to feel.

### **Mindful Practice for the Week**

This week, pay attention to the number of times you connect with how you feel in a situation before you decide what to do. Enjoy your week!

Compassion tip from Puddle Dancer press. [www.nonviolentcommunication.com](http://www.nonviolentcommunication.com)

## **QUOTE OF THE MONTH**

**"Any judgment we make, no matter of whom, registers in the heart as a disruption of relationship and the heart dutifully responds, on behalf of our defenses, shifting neural, hormonal and electromagnetic fields from relational to defensive."**

**Joseph Chilton Pearce**

## Some of NVC's Contributions:

- Non-judgmental approach that fosters unconditional love for self and others.
- Deeply rooted in spiritual and social change traditions.
- Sustains the radical shift in consciousness needed for transforming the existing parenting paradigm instead of making superficial changes.
- Recognizes the social context of parenting and encourages community building, not just individual skill-building.
- Aligned with latest brain research and parenting strategies that encourage early attachment and bonding, and extends them beyond infancy.

**NVC is a way of living** - how we relate to others and ourselves. It is a way of communicating that supports connection and compassion for ourselves and others.

## How does this paradigm relate to parenting?

One of the principles of NVC is to see every behavior as an attempt to meet a universal human need. It is really about going beyond behavior and even going beyond a right/wrong mentality.

## More about Inbal...

Inbal Kashtan, certified CNVC trainer, is co-founder of BayNVC and the Parenting Project Coordinator for the Center for Nonviolent Communication. Inbal teaches parenting workshops and classes and speaks at parenting-related conferences around the country, in addition to co-leading BayNVC's leadership program and other NVC workshops and retreats. She is the author of *Parenting from Your Heart: Sharing the Gifts of Compassion, Connection, and Choice*, and has had articles published in parenting publications around the country, including in *Mothering*.

Inbal's passion for sharing NVC with parents stems from her vision of a cascade of personal and social transformation that begins with a change in parenting practices. Her greatest teacher for the past several years has been her son, who has been mentoring her on what it means to live nonviolently.

Inbal also has ongoing interest in supporting the development of current and future NVC leaders, and in the application of NVC in other social change arenas. She holds a master's degree in Jewish studies from the Graduate Theological Union.

Editor: Bren Hardt, [bbhardt@gmail.com](mailto:bbhardt@gmail.com)

CC Committee members: Steve Scholl, Margie Kirby, Bridget Jensen, Dava Jennings, Lana Shadwick

## JANUARY APPRECIATIONS

To **Judith Hoffhein** for organizing a day long NVC

Training at Houston Mennonite Church in January.

To **Jo Benson** for her HUGE donation of NVC materials for distribution to public libraries and our Decade loan library.



**The World Table... Compassionate Communication spoke here.**

## Other NVC Communities & trainers in Texas:

**Fort Worth Center for Compassion**  
[www.fwcompassion.org](http://www.fwcompassion.org)

**John Kinyon is planning to come to Dallas area again at the end of this month to help train those interested in training others in TX and surrounding areas. Also an opportunity to deepen learning and practice of NVC.**

**Dallas** [www.nvc-dfw.org](http://www.nvc-dfw.org)