



# REACH OUT FOR LIFE

*Creating Meaningful Relationships*



## THE LANGUAGE GOING 'ROUND THE WORLD

*FREE Introduction to Nonviolent Communication<sup>sm</sup> (NVC<sup>sm</sup>)*

Thursday, October 8

6:30-9:30PM

## BEING COMPASSIONATE WITH YOURSELF

Friday, October 9 • 1:00-4:00PM

\$45.00

Live more authentically your values of honesty and compassion. Feel more alive! Gain awareness of your own needs and wants and more space to handle whatever comes your way; learn to appreciate what triggers you; move toward fulfillment and peace of mind. This process will empower you.

## CREATING THE WORLD YOU WANT TO LIVE IN

Friday, October 9 • 6:30-9:30PM

\$45.00

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.
- Create relationships based on mutual respect and satisfaction.
- Grow our understanding of power and work toward a needs-based, connection-based paradigm in the world.

## BRINGING PEACE TO YOUR FAMILY

Saturday, October 10 • 9:30AM – 5:00PM

\$100.00 (lunch included)

Would you like tools to more fully live the love you feel? To transform potential conflict into connecting dialogue? To learn where to go after "NO"? To motivate children without punishment and reward? To repair ruptures in relationships? To nurture the power of interdependent community?

## DEEPENING YOUR SPIRITUALITY

Sunday, October 11 • 1:30- 5:00PM

\$45.00

Learn to create a world of empathy and compassion by:

- Moving beyond judgmental thoughts, words, or actions.
- Strengthening your connection between your actions and your spiritual values.
- Overcoming conditioning that blocks empathy and promotes violence.
- Connecting with others from a place of divine energy.



### ***Facilitators: Jori & Jim Manske***

Certified trainers and mediators with The Center for Nonviolent Communication. Their engaging style and playful wisdom will inspire you and deepen your understanding of yourself and of human relationships. Their workshops include interactive and experiential activities that address all learning styles. To learn more about Jim & Jori Manske:

[www.radicalcompassion.com](http://www.radicalcompassion.com) or [compassionateleadershiptraining.com](http://compassionateleadershiptraining.com)

<b>Location:</b>	St. Paul's United Methodist Church, 5501 Main St., Houston, TX
<b>Registration:</b>	Register online: <a href="http://www.HoustonNVC.org">www.HoustonNVC.org</a> Register by mail: Stephen Scholl, 849-A Harvard St., Houston, TX 77007 For more info: <a href="mailto:bbhardt@gmail.com">bbhardt@gmail.com</a> or call 713-303-3403
<b>Discounts:</b>	Purchase all five workshops for \$185.00 before October 1, 2009 (a \$50.00 savings) Group pricing and scholarships available; contact Stephen Scholl (713-828-2981).

Organizer: Compassionate Communication Committee of The Decade of Nonviolence-Houston

Sponsor: Decade of Nonviolence-Houston