

# WORKSHOPS ON COMPASSIONATE OR NONVIOLENT COMMUNICATION<sup>SM</sup>



*"Empathy is a quality of character that can change the world."* PRESIDENT BARACK OBAMA

## SPEAKING PEACE

***FREE Introduction to Nonviolent Communication***

THURSDAY, MARCH 5

6:30-9:30PM

## DIFFICULT CONVERSATIONS

***A Nonviolent Communication Conflict Transformation Workshop***

FRIDAY, MARCH 6

12:00-4:00PM

Expand your emotional literacy and needs awareness to deepen heart connections, unlock human potential and increase efficacy. Support authentic communication to facilitate healing. Learn to remain resourceful no matter what is said and done.

## CONNECTING WITH COMPASSION

***A Nonviolent Communication Relationships Workshop***

FRIDAY, MARCH 6

6:30-9:30PM

Learn how you can create a quality of connection with yourself and others where everyone's needs matter and people contribute to making each others' lives more wonderful through compassionate giving -- without punishment, coercion, force, or any form of violence.

## LEADING FROM THE HEART: *Creating the World You Want to Live In!*

SATURDAY, MARCH 7, 9:30AM-5:30PM

INCLUDES LUNCH

SUNDAY, MARCH 8, 1:30PM-5:30PM

INCLUDES DINNER AT 6PM

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 using requests;
- Grow our understanding of power and work toward a need-based, connection-based paradigm in the world.



## 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)

**LOCATION:** 5200 Fannin St. ♦ Channing Hall of First UU Church ♦ Houston

**COSTS:** Thursday FREE.  
Friday sessions: \$35 each. Friday sessions: \$30 each if registered by 2/16.  
Both Saturday and Sunday: \$130. Saturday only: \$85. Sunday only: \$55.  
Both Saturday and Sunday: \$120 if registered by 2/16.

**REGISTRATION:** Register online: [www.decadeofnonviolencehouston.org](http://www.decadeofnonviolencehouston.org)  
Register by mail: Stephen Scholl, 849-A Harvard St., Houston, TX 77007  
For more info: [bbhardt@gmail.com](mailto:bbhardt@gmail.com) or call 713-303-3403

Organizer: Compassionate Communication Committee of The Decade of Nonviolence-Houston  
Sponsors: Decade of Nonviolence-Houston, First Unitarian Universalist Church of Houston