

What is EMPATHY?

Empathy is at the very heart of nonviolent communication. It is a profound and total listening, neutral and deep, that does not look to influence the other or the quality of what is being said.

It is being fully present in the moment and listening deeply to the real needs of the person speaking. It is removing your ego from the relationship with the speaker temporarily. It is also allowing yourself to connect fully with the speaker, regardless of what is being said or what the level of suffering being expressed.

While our usual habit is to listen from a place of judgment and evaluation, developing EMPATHY and SELF-Empathy skills brings us to a place of connection and community with ourselves and others. This workshop moves us towards a new way of thinking and being that brings healing compassionate connection into our life.



This event is sponsored by Open Communication

Open Communication is dedicated to bringing Nonviolent Communication and empathy skills to Maine. We offer a variety of educational opportunities to individuals, groups and organizations. We seek to support the development of a culture of peace within individuals, families, communities and businesses. We envision Maine as a place where children can flourish and all people thrive sustainably.
www.opencommunication.org

Details:

Date for this course is:

Saturday, January 14, 2012

Meadow Wind Center for the Healing Arts
100 Gray Street, Falmouth
www.meadowwind.org

Teas provided. To support the earth, please bring your own mug from home.

Lunch is on your own.

Tuition Request:

Early Registration by December 20, 2011 – \$60

Registration after December 20, 2011 – \$75

We value participation by ALL who wish to attend and will endeavor to create space regardless of ability to pay. Please contact Peggy for information.

All are welcome.

Make checks payable to Open Communication and mail to Peggy Smith, 2807 Atlantic Hwy, Lincolnville ME 04849
Phone: 207-789-5299
Email: peggy@opencommunication.org

Minimum enrollment 10 people, please register early to ensure workshop viability.

“I am 100% supportive and enthusiastic about NVC and Peggy’s leadership. She is empathic, tender, bright and funny.”

Rosalie, Georgetown

Everyday Empathy:

*a journey of
understanding
and love*

Peggy Smith, trainer



**Saturday, January 14, 2012
9:00 am - 4:00 pm**

Meadow Wind Center
for the Healing Arts
100 Gray Street, Falmouth

About the Trainer:

Peggy Smith is the only certified trainer with the Center For Nonviolent Communication (www.cnvc.org) living in Maine. She has been sharing NVC for over five years.

Peggy taught elementary & middle school for 32 years. She brings her extensive teaching skills, humor and presence to this work. With her new business, Open Communication, Peggy offers workshops, seminars and coaching to individuals, organizations and businesses.

Peggy has studied with Marshall Rosenberg (founder of Nonviolent Communication) and other internationally recognized trainers. She has also studied with Zen teacher and activist, Thich Nhat Hanh and is an active member of his Order of Interbeing.

She is passionate about bringing compassionate, authentic communication skills to Maine and the world. Peggy is a co-founder of the Maine NVC Network, founder and principal trainer of Open Communication.

peggy@MaineNVCnetwork.org

www.opencommunication.org
www.MaineNVCnetwork.org
www.nvc4Me.com

The greatest revolution in our generation is that of human beings, who by changing the inner attitudes of their minds, can change the outer aspects of their lives.

- Marilyn Ferguson

During this interactive workshop participants will experience the healing power of EMPATHY. Based on the work of Carl Rogers and Marshall Rosenberg, we will practice deepening EMPATHY for ourselves and others by developing PRESENCE.

During this day, participants will explore what Empathy is within the Nonviolent Communication framework — including several practices to strengthen our PRESENCE skills which participants may easily transfer to their daily lives. Participants will integrate the differences between intellectual understanding, sympathy and PRESENCE. We will experience ways of nurturing SELF-EMPATHY. And explore practical skills to bring empathy for others alive. Some time will be spent experiencing an EMPATHY CIRCLE.

While a background in Nonviolent Communication is helpful it is not a requirement. Participants may register for Day 1 only or the whole event.

The good life is a process, not a state of being. It is a direction not a destination.

- Carl Rogers

The curious paradox is that when I accept myself just as I am, then I can change.

- Carl Rogers

Registration for Everyday Empathy, Saturday, January 14 2012.

Early Registration by December 20, 2011 — \$60. Registration after December 20 — \$75. All are welcome.

Name _____ I understand that this course meets on Saturday, January 14, 2012.

Address _____

Phone _____ Email _____

_____ Enclosed is my check for \$60 for Early Registration prior to December 20.

_____ Enclosed is my check for \$75 for Registration after December 20.

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Contact Peggy for information – Phone: 789-5299 Email: peggy@opencommunication.org