

This event is sponsored by Open Communication

Open Communication is dedicated to bringing nonviolent consciousness and empathy skills to families and communities. We offer a variety of education opportunities to individuals, groups and businesses. We seek to support the growth of a culture of peace.
www.opencommunication.org



What is NVC?

The Nonviolent Communication model presented in this workshop was developed by peacemaker, mediator and healer, Marshall Rosenberg. Rosenberg's teaching reflects his understanding that violence begins in the language we use. Similarly peace is rooted in the way we communicate with each other.

Rosenberg teaches that everything that people do is in the service of their needs; what they do to others is the best possible thing they know to do to get those needs met. NVC teaches simple skills that enable people to connect with their own and others needs in a way that inspires compassionate response and the possibility for peace – interpersonally and in the wider community.
www.cnvc.org

Details:

Saturday & Sunday, March 3 & 4 – 9:00–4:00

The Peace & Justice Center
96 Harlow Street, Suite 100, Bangor, ME 04401

There will be an hour for lunch each day. Please bring your own bag lunch or choose from a variety of eateries in walking distance.

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

The event is a fundraiser for WERU Community Radio 89.9 FM & 99.9 FM (Bangor area) and www.weru.org. WERU is a listener supported and volunteer powered grassroots radio station.

Tuition:

While this event is a fundraiser for WERU Community Radio, it is our wish that all who want to learn about this effective and life enhancing work can participate. Contribute what you can towards the financial well-being of the radio station that serves us so well. The value of this weekend-long event is \$140, but each participant may contribute at whatever level they choose.

Please fill out the registration form and indicate how much you plan on donating. Make checks to Open Communication and mail to Peggy Smith, 2807 Atlantic Highway, Lincolnville, ME 04849

Prior registration is strongly requested.

For information about the workshop please contact Peggy: 207-789-5299 or peggy@opencommunication.org

Building Bridges of Communication

An Introduction to the
Basics of Nonviolent Communication



Peggy Smith, trainer

Nonviolent Communication trainer,
certified by the
Center For
Nonviolent Communication

**Fundraiser for
WERU Community Radio
89.9 FM & 99.9 FM**

**Saturday, March 3, 9–4
Sunday, March 4, 9–4**

The Peace & Justice Center
96 Harlow Street, Suite 100
Bangor, ME 04401

About the Trainer:

Peggy Smith is certified as a trainer by the Center For Nonviolent Communication. She has been sharing NVC for over five years. Peggy taught school for 32 years so she brings her extensive teaching skills, humor and presence to this work.

Peggy has studied with Marshall Rosenberg, (founder of NVC) and other internationally recognized trainers. Peggy has also studied with Zen teacher and social activist, Thich Nhat Hanh and is a member of his Order of Interbeing.

A co-founder of the Maine NVC Network and Open Communication, she is passionate about bringing compassionate, authentic communication to our area.

www.opencommunication.org
peggy@opencommunication.org

“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

I believe the principles and techniques of Nonviolent Communication can literally change the world, but more importantly, they can change the quality of your life. I cannot recommend it highly enough.

Jack Canfield
Author of *Chicken Soup for the Soul Series*

This Workshop:

Would you like to deal with conflict more skillfully?

Be sensitive to others without giving up your own needs?

Deepen intimacy and have more ease within relationships?

You will leave this workshop with practical concepts and skills you can put to immediate use.

Whether you want to improve your relationship with yourself, your family, co-workers or community, your participation in this workshop will open new doors and expand your options.

You will gain concrete skills for using daily conflicts to relate more authentically and compassionately – building trust in a multi-sensory learning environment that fosters safety, depth and fun.

Participants will be empowered by embracing empathetic presence to transform our usual ways of thinking – opening opportunities for radiant connections.

FMI regarding the workshop content: peggy@opencommunication.org

The intention (of NVC) is to create the quality of connection with other people and oneself that allows compassionate giving to take place . . . for the sole purpose of willingly contributing to the well-being of others and ourselves.

- Marshall Rosenberg

Registration Form: Building Bridges of Communication: March 3-4, 2012

The Peace & Justice Center, 96 Harlow Street, Suite 100, Bangor, ME 04401

Name _____

Address _____

Phone _____ Email _____

_____ I plan on donating \$_____ for the workshop. I understand this event is a fundraiser for WERU community radio.