

Deepening Open Communication
2 Days of Nonviolent Communication training
With Peggy Smith

March 24 & 25, 2012 Falmouth, Maine



March 24, 2012: **Transforming Power Dynamics in Relationships**

March 25, 2012: The Art of NVC Dialogue
9:30am – 4pm both days

This weekend will deepen our connection to NVC consciousness.
This experiential workshop will guide us toward

- strengthening our skills in empathy,
- translating judgmental thinking,
- connecting to and celebrating our needs,
- developing our skills at making requests,
- developing “power with” relationships,
- hearing the hidden “Yes” underneath every “No”
- practicing the NVC flow of dialogue
- having fun and connection while practicing new tools

**These days can be taken individually or combined for a powerful NVC weekend.
These days together are equivalent to a Level 2 workshop.**

Location: **Meadow Wind Center, 100 Gray Street, Falmouth, ME**

www.meadowwind.org

Prerequisite: Level 1 or its equivalent.

Financial Request: \$75 for individual day \$130 for both days

If this request is not within your means please contact Peggy for other options.

207-789-5299 or peggy@opencommunication.org

Teas provided, lunch is on your own

Please make check to: **Open Communication**

mail to: Peggy Smith, 2807 Atlantic Hwy, Lincolnville, Me. 0484

Registration Form March 24 & 25, 2012
Falmouth, ME

Name: _____

Phone: _____

Email: _____

Address: _____

Please list prior NVC experience on the back of this paper. Minimum of 2 days of NVC training or is equivalent requested for participation.

_____	March 24, 2012 ONLY		
	Transforming Power Dynamics in Relationships	\$75	
_____	March 25, 2012 ONLY		
	The Art of NVC Dialogue		\$75
_____	March 24 & 25, 2012		
	both days together		\$130

Payment is refundable up to 1 week prior to event.
In the final week, payment is non-refundable.

Please make checks payable to: **Open Communication**
mail to Peggy Smith, 2807 Atlantic Hwy, Lincolnville, Me 04849