

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 educational 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.

Details:

November 20, 2010
Registration 8:45 – 9:00
Workshop begins: 9:00 am

Location:
Waterfall Arts Center
256 High Street, Belfast, ME 04915
www.waterfallarts.org

There will be an hour break for lunch.

Please bring your own bag lunch or there are numerous eatery options in the area.

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

Tuition:

Early Registration by November 3, 2010 — \$60

Registration after November 3 — \$75

Send registration along with a \$20 non-refundable* deposit.

*(All deposits will be refunded if the trainer cancels the event.)

“You’ve got to ask! Asking is, in my opinion, the world’s most powerful – and neglected – secret to success and happiness..”
Percy Ross

“The adventure is to value your own needs enough to let others know what would enrich your life – and – to value the other enough to make a request and not a demand.”
Bonnie Fraser

Making Requests: Harvesting the Fruit of Nonviolent Communication

Intermediate
Nonviolent Communication (NVC)
Workshop with
Peggy Smith
certified trainer



November 20, 2010
9:00 am – 4:00 pm

Waterfall Arts Center
256 High Street
Belfast, ME

About the Trainer:

Peggy Smith is the only certified trainer with the Center for Nonviolent Communication living in Maine. She has been sharing NVC for 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 NVC) and other internationally recognized trainers. Peggy has also studied with Zen teacher and social activist, Thich Nhat Hanh and is an active member of his Order Of Interbeing.

A co-founder of the Maine NVC Network, NVC For ME and Open Communication, she is passionate about bringing compassionate, authentic communication skills to the region.

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

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

Intermediate Nonviolent Communication (NVC) Workshop

Take a day to hone our skills in Making Requests . . . the fourth step in an NVC dialogue. Slowing down and including requests in our spoken and written dialogues is an important part of nonviolent consciousness. Requests come in two flavors. . . . Connecting Requests and Action Requests.

We will spend the morning exploring Connecting Requests and the afternoon honing our Action Requests.

By practicing making requests from a deep awareness of the beauty of the needs alive in any situation – we increase the likelihood that the listener will hear a request and not a demand.

We will practice developing self-awareness to discern:

- when we are making demands (even nicely worded ones)
- when we are making requests when we think a need is "unmet"
- when we are connected to the beauty of needs

During our day we will explore if core beliefs are keeping us from using requests with ease. By coming into open-hearted awareness of such core beliefs we free ourselves to strengthen this important component of NVC.

This workshop is for people who have completed at least an NVC Level 1 workshop or it's equivalent and would like to develop their skills in making requests.

To read how Peggy presents Requests see edition 9 & 10 of "Phases of the Moon" monthly newsletter. www.mainenvcnetwork.org/newsletter-archives.htm

Registration for Intermediate Nonviolent Communication Workshop, Waterfall Arts Center, 256 High Street, Belfast, ME, November 20, 2010.

Early Registration by November 3, 2010 — \$60. Registration after November 3 — \$75

Name _____ I understand that this course meets on November 20, 2010.

Address _____

Phone _____ Email _____

_____ Enclosed is my check for \$20 to save my place in the workshop.

_____ I am enclosing the entire amount of \$60 by Nov. 3. _____ I am enclosing the entire amount of \$75 after Nov. 3.

Checks payable to Peggy Smith and mail to her at 2807 Atlantic Highway, Lincolnville, ME 04849
Contact Peggy for information – Phone: 789-5299 Email: peggy@opencommunication.org