

"Four First Saturdays" Compassionate Communication (NVC) Practice Group
Jan. 5 ~ Feb. 2 ~ Mar. 2 ~ April 6

9:00 -12:00

UU Church of Berkeley (Meditation Room)

What is "Compassionate Communication"?

Compassionate Communication (aka Non Violent Communication) is both a spiritual practice and a very concrete set of tools for staying positively engaged and creating mutually satisfying connections in challenging situations. NVC holds the promise for *everyone's* needs - including yours - to be held with care when issues and potential conflicts arise, opening the way to solutions that work for all.

Bring it!

Bring the actual challenging situations that are unfolding in your life and explore through role plays how those situations could be shifted! Role plays give us concrete practice in meeting the real-life situations we're all confronted with on a regular basis in more intentional and effective ways. They offer practice in both self-expression and offering empathy in new ways that defuse tension and open up cooperation.

Role plays are both a rehearsal for conversations to still to come and can also serve as a kind of "post-hersal" in which we look back at conversations that have already occurred (that we weren't too thrilled with) and envision what we might like to bring another time. Role plays can also bring closure to the lingering distress of situations that remain incomplete and are unlikely or impossible to be completed with those who played a part in them at the time.

Registration is limited. Requested sliding fee scale: \$240-\$360 for the 4 month series (12 workshop hours).

Contact Rev. Cat for more information: revcat@revcat.net or 707 853-0009.