Tired of fight or flight?

Do you want to stay connected heart to heart in difficult conversations?

• with your children?
  o with your students?
  ▪ with your partner?
• with your colleagues?
  o with your clients/customers?
  ▪ with people who hold different political views?

Join us for a workshop on

COMMUNICATING WITH COMPASSION

Offering:

➢ a language and consciousness of compassion that can improve your relationships
➢ skills to support dialogue in the face of judgment, criticism, and anger
➢ practice in honest expression and empathic listening
➢ effective ways to bring more joy, ease, and connection into your life
➢ support for parenting and teaching from your heart
➢ a nonviolent approach to social change

NOVEMBER 18, 2006
9:30 am - 4:30 pm

at the

Unitarian-Universalist Society of Greater Springfield

245 Porter Lake Drive, Springfield, Massachusetts

Workshop led by Jerry Koch-Gonzalez

This workshop is an introduction to the principles of Nonviolent Communication™ (NVC) as developed by Marshall Rosenberg and others worldwide. Jerry Koch-Gonzalez has been organizing, educating, and consulting for social justice for more than 25 years. He is the founder of the Communicating with Compassion project and co-founder of its parent organization, the Institute for Peaceable Communities.

Requested contribution: sliding scale $75-$40 (av. $60). All are welcome regardless of ability to contribute financially. Educational credits may be available for childcare providers and educators. Bring your own lunch or join in a take out order.

Register online at www.communicatingwithcompassion.org or call Jerry at 413-549-1747.

Sponsored by the Institute for Peaceable Communities and the Unitarian-Universalist Society of Greater Springfield
Communicating with Compassion
Workshop by Jerry Koch-Gonzalez

Registration Form for November 18 Workshop in Springfield

Name: ____________________________________________________
Address: _________________________________________________
City, State, Zip: ___________________________________________
Phone: __________________________________________________
E-mail: __________________________________________________

Requested Donation: sliding scale $75-40 (average $60).
Checks payable to “Institute for Peaceable Communities.”
Send registration form and payment to:
Institute for Peaceable Communities
120 Pulpit Hill Road #16
Amherst, MA 01002