

Tired of fight or flight?

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

- *with your children?*
 - *with your students?*
 - *with your partner?*
 - *with your colleagues?*
 - *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 CommunicationSM (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