

Non-Violent Communication Workshop

The Process as created by Marshall Rosenberg

Violent vs. Non-Violent Communication

If "violent" means acting in ways that result in harm, then much of how we communicate — with moralistic judgments, evaluations, criticisms, demands, coercion, or labels of "right" versus "wrong" — could indeed be called violent.

Unaware of the impact, we judge, label, criticize, command, demand, threaten, blame, accuse and ridicule. Speaking and thinking in these ways often leads to inner wounds, which in turn often evolve into depression, anger or physical violence. Sadly, many of the world's cultures teach these "violent" methods of communication as normal and useful, so many of us find our communication efforts painful and distressed, but we don't know why.

The concepts and tools of Nonviolent Communication (NVC) are designed to help us think, listen and speak in ways that awaken compassion and generosity within ourselves and between each other. NVC helps us interact in ways that leave each of us feeling more whole and connected. It ensures that our motivations for helping ourselves, and each other, are not from fear, obligation or guilt, but because helping becomes the most fulfilling activity we can imagine.

With its focus on interpersonal communication skills, a casual observer might suppose that the NVC process is only applicable to relationships or conflict resolution. Yet people who practice the NVC process quickly discover its transformational impact in every area of the human experience — including transforming our classrooms and organizations, improving productivity in the workplace, transforming anger and emotional pain, and creating efficient, empowering organizational structures.

This is a 6-week workshop designed to give participants both knowledge and experience with the building blocks of the NVC process. Individuals with varied NVC backgrounds are welcome. Required text for the class is *Nonviolent Communication – A Language of Life* by Marshall B. Rosenberg, Ph.D.

Abundance Wellness Center

For registration, please contact the facilitator:

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The significant problems we face today cannot be solved at the same level of thinking that created them.

- Einstein

Workshop Dates:

Tuesday, October 5, 2010

Tuesday, October 12, 2010

Tuesday, October 19, 2010

Tuesday, October 26, 2010

Tuesday, November 9, 2010

Tuesday, November 16, 2010

Classes are from 6:30- 8:30 pm.

Cost of workshop is \$60.00 if registered and paid by September 15.