

# ROSE CITY NVC

BUILDING BRIDGES TO COMPASSIONATE CONNECTION SINCE 2009

## A Basic Skills Workshop in NVC (Nonviolent Communication®)

Do you long to know how to create a deep sense of freedom, safety, ease, and joyful connection in your relationships with your loved ones? (partner, children, parents, neighbors, coworkers)

Do you long to know how to heal and release old pain and limitations from the past?

In this **1½ day workshop** you'll learn specific Nonviolent Communication (NVC, or Compassionate Communication) tools that offer a way of perceiving, understanding, and communicating that will:

- Clarify what's behind our own and others' anger, fear, and other "negative" emotions, providing the foundation for tremendous understanding, joy, freedom, and safety
- Demonstrate how to create a deeply safe, accepting, compassionate environment that leaves us feeling free to be everything we are — our real self — with others
- Help you identify and focus your efforts on what actually does make your life more wonderful
- Reveal what's really behind our conflicts with other people, and demonstrate how to dissolve these misunderstandings and begin enjoying the natural satisfaction, inspiration, communion, and joy that our relationships are meant to give us

Using real-life situations that you and others bring, and in a compassionate, accepting environment, we'll demonstrate, and you'll practice developing your skills at:

- Speaking what's true for you in a way that others are more likely to be able to hear
- Hearing the pain that others express in a way that creates positive connection
- Asking for what you want in a way that supports your own and others' thriving

**COST:** \$80-\$120 sliding scale. (Temporarily short on cash? Contact us to explore equitable exchange possibilities that include a comfortably low cash contribution.)

**WHEN:** Saturday, March 17 10am-5pm (Please arrive by 9:50a each day, so we can begin at 10:00a)  
Sunday, March 18 10am-2pm (Each day includes a 1-hour bring-your-own bag lunch break)

**LOCATION:** Southeast Portland 97214; details will be provided upon registration

**TO REGISTER:** Visit [www.rosecitynvc.org](http://www.rosecitynvc.org), click on "Register," and select this workshop.

## About Us



**Fred Sly, MA** is a Certified NVC trainer with 12 years' experience, completing a PhD in Clinical Psychology in early 2012. He offers NVC training to individuals, couples, families, groups, and organizations, as well as general counseling and mediation services. Fred also developed and directs the Oregon Prison Project, an NVC Teacher Training program providing NVC education inside Oregon State Penitentiary, three other Oregon Prisons, and one Oregon post-release program.



**Vika Miller, MA** is a business consultant, transformation coach, entrepreneur, and NVC trainer who's been helping large and small business owners, students, people receiving public assistance, healers, philanthropic organizations (including Head Start), and many others connect with their creative power to real-ize their most cherished dreams for over 26 years. She will complete her NVC Certification Training in 2012.

*We look forward to meeting you!*