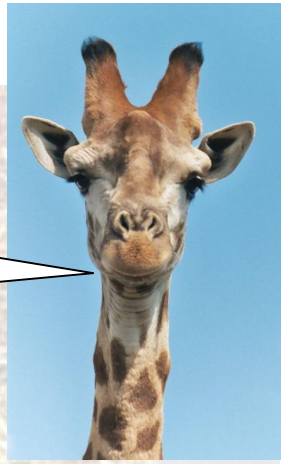


Would you like to learn to speak in a way that helps people feel good about themselves while expressing what you need?



Non-Violent Communication Workshop

An effective way of dealing with conflict situations or anger

A language of the heart

An experiential weekend exploring the skills and principles of compassionate communication, through dialogue, reflection, group work and play.

Suitable for complete beginners and experienced practitioners.

Saturday 27th and Sunday 28th March 10.00am -5.00pm

Some of the topics we will cover:

- *The Heart of Compassionate Communication.*
- *The basic model; observation, feelings, needs and requests.*
- *The difference between the essence and the form.*
- *The beauty behind NO!*
- *Listening deeply - Empathy for ourselves and others*
- *Neutrality - the heart of conflict resolution*
- *Hearing criticism creatively*
- *Speaking with honesty and kindness*
- *Expressing appreciation, gratitude and love*



Jayaraja, a member of the Western Buddhist Order for 16 years, has been learning and sharing Non Violent Communication for 9 years and is trained in Gestalt psychotherapy and group work.

Venue: Uplands Infants School, Melbourne Road, Leicester, LE2 0DR

Cost: £30/£45/£60 unwaged/low waged/waged (normally £160!) contact us if costs could prevent you attending.

Bookings: contact Doug Golding: Tel: 0116 2103637, email:

info@transitionleicester.org.uk

