

SPONSORED BY
THE ROTARY CLUB OF
ASHCROFT/CACHE CREEK

Building Community with Nonviolent Communication Skills Workshop

Oct 10, 11 & 26 , 2018
9am - 4pm

Cache Creek Community Hall
1270 Stage Rd Cache Creek BC



Leslie Williamson
nvctraining.ca

OPENING TO EXPANDED PERSPECTIVE

The tools of Nonviolent Communication can enrich our personal and professional lives. When practiced, it is possible to shift away from ineffective and often violent strategies and invite peace and joy to be our dominant experience. When we change our filter of the world around us and build courage through vulnerability and respectful connection, we begin to love self more and find strength never before experienced. Strength is attained not through guilt or shaming, but through understanding and experiencing the deep value in peaceful, respectful and empathic connection.

In this workshop participants will:

- become aware of how they block connection
- use the tool of self-empathy (compassion)
- use empathy to defuse difficult conversations
- see the value of changing the inner conversation that takes place constantly in the mind
- notice the story we tell ourselves in response to everything that happens throughout the day; when we look at the story we are able to see how we choose our feelings through that filter

Suitable for any individual that:

- is in a leadership role at work or volunteers, and/or
- is interested in contributing to more peace in the world and to nurturing peace within, and/or
- is tired of having difficulty in relationships and can't seem to resolve the issues that come up
- wants to improve parenting skills
- carries resentment and can't seem to move past it

When we change the way we look at things the things we look at change

Follow up workshop on
Oct 26, 2018 9am - 4pm



📞 Info: (250) 682-3232

💰 Cost: Free

Limited Seating

Book ASAP with Theresa Takacs
theresatakacs@hotmail.com



Cache Creek Community Hall
Downstairs Meeting Room
1270 Stage Rd, Cache Creek BC



Coffee and tea provided
Lunch each day provided
Journals provided