

# Compassionate Communication

## introductory workshop 29-30 June 2013

Compassionate Communication or Nonviolent Communication™ (NVC) is a technique for connecting with fellow human beings in a way that everyone's needs can be met non-violently. It has the potential to transform relationships in every context from the personal to the international and has been used for mediation and healing in schools and workplaces, and countries such as Rwanda and Palestine.

This introductory workshop provides the basic concepts and tools of Compassionate Communication through experiential learning over two full days. No prior knowledge or experience is required, just an open mind.

The ideas of Compassionate Communication were developed in the late 1960s by Marshall Rosenberg and are outlined in his book *'Nonviolent Communication- a language of life'*. The Centre for Nonviolent Communication in the USA now promotes this method internationally (see [www.cnvc.org](http://www.cnvc.org)).

### **About the Facilitator**

Susan Clarke has been studying Compassionate Communication since the start of 2011 in Brisbane and at an Intensive in Rochester, New York in 2012. She is a skilled facilitator and has facilitated workshops in Compassionate Communication for telephone support volunteers with support organisations; led a fortnightly NVC Practice Group; and has worked as a Lifeline Telephone Support Counsellor.

Susan is a member of the Queensland Regional Meeting of the Religious Society of Friends (Quakers) and is currently volunteering as a cook at the Silver Wattle Quaker Learning Centre on Weereewa outside Canberra. She has a passion for learning about and sharing strategies for non-violence and is working towards becoming a certified trainer in NonViolent Communication through the Centre for NonViolent Communication in the USA.

### **Workshop Details**

**Date:** Sat 29 & Sun 30 June 2013, 9am-5pm

**Place:** 88 Kerr St, North Fitzroy, VIC (Australian Volunteers International building)

**Cost:** waged \$150, unwaged \$120 (includes workbook, morning and afternoon teas)

This workshop is supported by Northern Suburbs Quaker Meeting.

### **RSVP and enquiries**

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