

*Stop blaming yourself and others
and get curious about what's really
going on!*



“Heart to Heart”



an introductory workshop on **Communicating with Compassion**

FOUNDATIONS OF NONVIOLENT COMMUNICATIONSM

Offering:

- a language and consciousness of compassion that can improve your relationships
- skills to support dialogue in the face of judgment, criticism, and anger
- effective ways to bring more ease, and connection and joy into your life
- support for parenting and teaching from your heart
- a nonviolent approach to social change

November 11, 2012

Sunday Noon – 2:00 pm

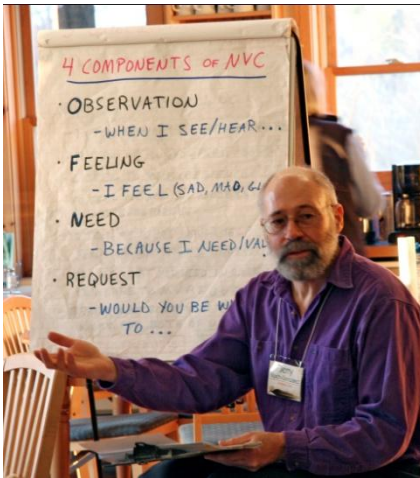
Unitarian Universalist Church of Worcester

90 Holden St, Worcester MA 01606

Free – donations accepted

Workshop led by **Jerry Koch-Gonzalez**

CNVC Certified Trainer



Jerry Koch-Gonzalez is a long time activist and consultant associated with New England NVC, the Institute for Peaceable Schools, Class Action, and the Sociocracy Consulting Group. Jerry's passion is to share egalitarian practices such as Sociocracy, Nonviolent Communication (NVC) and Restorative Circles. Jerry lives with his family in the Pioneer Valley Cohousing Community in Amherst, MA.

Workshop Sponsors: New England NVC & Unitarian Universalist Church of Worcester