

Ann Harrington Training & Consulting

Compassionate Leaderly Communication

How to build stronger connections in challenging times

Facilitator: Ann Harrington, MA; is a passionate and experienced trainer.

Sat, March 16, 2019 | 9:00am – 12:30 pm | \$25 *(suggested donation)*

Unitarian Universalist Congregation of Duluth (835 W. College Street, Duluth)

To register, contact: Ann Harrington, 218-213-8262 or email ann@annwharrington.com

No one will be turned away. All are welcome. Registration is appreciated for planning purposes.

- A foundational introduction/overview to NVC to include stories, real life examples, demonstrations, practice opportunities and Q & A
- Learn tools to face difficult conversations while speaking from the heart and listening to build more compassionate connection.
- A series of monthly in-depth practice sessions will be available after this training
- Text recommended, but not required: **Nonviolent Communication: The Language of Life** by Marshall B. Rosenberg

Handouts will be provided.

Nonviolent Compassionate Communication(NVC) is based on the **principles of nonviolence** – the natural state of compassion when no violence is present in the heart.

NVC training offers a set of communication skills that help us **manage difficult conversations** while being considerate of others and speaking from our heart. NVC guides us to pause, reframe and sort how we express ourselves and hear others, by focusing our awareness on 7 communication components or skills.

People who practice NVC report greater **authenticity** in their communication, increased understanding, deepening connection and more clarity in conflict resolution.

Sponsored by the UUUCD Peace & Justice Committee



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Integrating compassion & leaderly communication