

Compassionate Communication The Art of Empathic Listening & Speaking

In this course, participants learn the basics of a communication model known as Nonviolent Compassionate Communication (NVC). It is a language of authenticity (compassionate honesty) and also empathy (listening well to yourself and to others).

Learning the language of NVC is simple... just not necessarily easy, given the 'habits of a lifetime' we have each developed so far. The goal of NVC is learning to discover what is really "alive" in us and others, versus making assumptions, judgments and diagnoses.

This course is free through Duluth Thrives.
Please register at duluthaces@gmail.com

All are welcome! Do join us!

When: Thursdays: May 18, May 25, June 1

Time: 6-7:30 pm via Zoom

- May 18 ~ Intro Session 1: NVC Skill 1 = Listen to Self (Self-Empathy)
- May 25 ~ Intro Session 2: NVC Skill 2 = Speak for Self (Compassionate Honesty)
- June 1 ~ Intro Session 3: NVC Skill 3 = Listen to Them (EMPATHY)

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