

Communicating with Compassion: A Two-Day Introductory Workshop in Nonviolent Communication

October 17 & 18, 2017
McMartin House, Perth, Ontario

About Nonviolent Communication

In this workshop you'll learn and practice a simple, four-step process for speaking and listening in a way that supports constructive connection, no matter what the context.

Communicating with compassion offers powerful, positive ways to interact with others. It fosters a shift from "right or wrong thinking" to connection and win-win solutions by focussing on the needs that are alive in each of us.

Communicate with Compassion, it leads us to hold everyone's needs equally and to solutions that enrich everyone's lives. Compassionate Communication also nurtures our natural impulse toward joyous giving.

Nonviolent Communication—see www.nonviolentcommunication.com — is based on the work of international mediator and Nobel Peace Prize nominee, Dr. Marshall Rosenberg.

Cost: \$275.00 includes light refreshments midmorning & afternoon



Would you like to :

Address conflicts and challenges in work and personal relationships and create a shift towards the positive.

Learn how to communicate in a way that promotes connection and cooperation.

Reduce and cope with stress, bringing ease and enjoyment to your life.

About The Facilitator:

Shulamit Ber Levtov has been providing mental health and personal growth services since 2000, logging thousands of hours of 1-to-1 and group work with hundreds of clients in private practice, business settings, employee assistance programs and publicly-funded agencies. She has also been facilitating classes and trainings locally, internationally and online for over 17 years. Shulamit is a certified trainer in both Nonviolent Communication and Focusing (the third in the world to hold this dual certification). She holds a Masters in Counselling and Spirituality, is a Registered Social Worker, and a certified Kripalu Yoga Teacher.

For more information or to register:

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