

# "I CAN'T BELIEVE YOU JUST SAID THAT!"

**Relationships** can be strained and frustrating when we hold judgements about what someone says and does.

**Listening** empathetically is the antidote to restoring the fracture in all our relationships and toward creating the kind of world where everyone matters. Wholehearted listening asks the listener to never listen to what someone is thinking!

**In this one day workshop**, you will learn how to hear and be heard about matters of the heart!

**Relationships** can determine the quality of our lives on a daily basis. If you'd like to have less conflict and more ease and confidence in your interactions, please join us!

**What:** Transforming the Pain of Inner Judgements

**When:** August 29, 2015, 9:30 - 2:15

**Where:** Glendale UMC  
900 Glendale Lane  
Nashville, TN 37204

**Facilitators:** Carlene Robinson  
Zina Yzquierdo

**To Register Contact:**  
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**Fee for the full day:** \$75.00  
Early Bird Registration by  
August 23, \$60!

**Who is the workshop for?** New and intermediate learners of nonviolent communication.

**What To Bring:** Lunch and anything you may need for personal comfort.

## **Objectives:**

- **Practice hearing hard to hear messages through the practice of self empathy.**
- **Learn skills to hear what actually matters beneath the words.**
- **Transform inner judgements into compassionate relationships with ourselves and others.**

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Inspired by the work of Dr. Marshall Rosenberg, Nonviolent Communication, A Language of Life.