



# Living in the "Blame-Free State"

## A Two Day Workshop on Finding Joy and Empowerment

March 5th and 6th, 2016 - Nashville, TN

SPONSORED BY NONVIOLENT COMMUNICATION NASHVILLE • [NVCNashville.org](http://NVCNashville.org)

François Beausoleil, author of "Blame-Free State", will be in Nashville, March 4-6, 2016 offering a two-day "Living in the Blame-Free State" workshop. François is known for the *Transforming Enemy Images* processes, which he developed to explore reducing the presence of blame in your life - whether it's blaming others, yourself, or the situation.

***This 2-day workshop is designed to offer:***

- *A clear understanding of the cost of blame on our health and overall well being.*
- *A comprehensive process of how to transform blame towards others, self or situations.*
- *A way to translate some of your fiercest judgements of others into understanding and connection.*
- *Skills to help you feel more curious, open, accepting and compassionate.*



### ABOUT FRANÇOIS BEAUSOLEIL, CNVC CERTIFIED TRAINER

François trains, coaches and supports individuals and organizations throughout Canada, the US and Japan. In addition to his engaging approaches on how to share the foundations of NVC with others, François brings a strong business and social justice focus to the programs he leads.

François helps participants clarify their vision, articulate what they want to bring to the world and identify strategies that will meet their needs. François is highly skilled at helping participants discover and transcend internal and external barriers so they can live in a more empowered state.

### "BLAME-FREE STATE" 2-DAY WORKSHOP

MARCH 5-6, 2016

10:00 a.m. - 6:00 p.m. Saturday

10:00 a.m. - 4:00 p.m. Sunday

Green Door Gourmet, 7011 River Road Pike

Tuition: \$210

REGISTER at [NVCNashville.org](http://NVCNashville.org)

PLUS A FREE, OPEN TO THE PUBLIC NVC INTRO

Basic Principles of NVC

MARCH 4

7:00 p.m. - 9:30 p.m. Friday

First Unitarian Universalist Church of Nashville, 1808 Woodmont Blvd.

