



Carlene Robinson, CNVC Certified Trainer

LIVING NONVIOLENCE

THE PATH OF NONVIOLENT COMMUNICATION - A WORKSHOP

FRIDAY AFTERNOON
SEPTEMBER 30, 2016 from 1:00 to 6:00 PM
and
ALL DAY SATURDAY
OCTOBER 1, 2016 FROM 9:30 AM TO 5:00 PM

OASIS CENTER
1704 Charlotte Ave. #200, Nashville 37203

Sponsored by **Nonviolent Communication Nashville**
co-sponsored by Family Reconciliation Center

For more information and registration go to NVCNashville.org

Just the word itself, nonviolence, brings to mind the names of Mahatma Gandhi, Mother Teresa and Martin Luther King; those who exemplified “living nonviolence,” practicing the concept under incredible pressure, in the face of changing human conditions. These leaders personified



COMPASSION, the centerpiece of nonviolence.

IN THIS WORKSHOP YOU WILL:

- Learn the three pillars of nonviolence: Courage, Truth and Love and how to apply them in your daily life.
- Explore experientially the value of empathic listening so that you can hear what matters to you and to others.
- Be encouraged to discover and explore those areas in your life where self-talk is violent.
- Learn to use judgements as a pathway to understanding.
- Explore experientially the value of using empathy to release the blame and anger response.

FEE: \$100.00 - Tuition Assistance is available, for information email: fifijohnsonemail@gmail.com

Carlene Robinson is the workshop facilitator and a certified trainer with the Center for Nonviolent Communication located in Albuquerque, NM. She lives in Nashville with her husband Carl and their big dog Lola!

If you have questions, please email Marijo Cook at marijo.cook@gmail.com or Fifi Johnson at fifijohnsonemail@gmail.com.