

Our final [FREE](#) Workshop for 2020
is
December 5!
Registration is Open Now!

Each quarter of the year, NVCNashville offers a free workshop supporting our mission to learn, practice, and share NVC. The last one for 2020 will be on Saturday, December 5, 1:00 - 3:00 p.m.

The topic for the Intro is [Making Requests!](#) When learning and practicing NVC, a common response is "Requests are the hardest part of learning NVC!" However, once this skill is learned, practiced, and integrated, requests most often become the simplest skill in NVC!

There are many reasons we don't make requests such as the fear of hearing a no and an ever present conditioning that our requests don't matter! Someone recently shared that making requests for themselves was considered selfish in their family of origin. How about you? Do you fear rejection when you consider asking for what you want? You're not alone!

There's a lot to unpack about making requests and you can begin this journey on December 5. The ongoing exploration will continue in 2021 in an upcoming series of classes offered by our local Certified Trainer from The Center For Nonviolent Communication, Carlene Maginnis. If you've a request to make about learning how to make requests, this may be the place to check it out!

Your requests frame how you take control of your life in a way that is authentic to your true nature. End the year and begin the new one learning how requests can make all the difference in creating the life you most value for yourself and others.

What: A Free NVC Introduction: Making Requests

When: December 5, 2020

Time: 1:00-3:00 p.m. (break included!)

Facilitator: Carlene Maginnis

Fee: **FREE!!**

**To Register for the Zoom link:
board@nvcnashville.org**