

# October 30 - Nov 1, 2009 **What is nonviolent communication?**

Join us for a weekend of fun, experiential, and meaningful introduction to the principles and practices of Nonviolent Communication

## THE PROGRAM

Discover the life-transforming communication practice of Nonviolent Communication, founded by Dr. Marshall B Rosenberg, Phd. In this training, you will learn how to create a quality of connection between yourself and others where everyone's needs, even in conflict situations, are held with care and compassion. Honor your deepest desires in every moment, and never give in or give up on your needs again by learning how to:

- \* express yourself honestly and openly
- \* hear difficult messages without taking them personally
- \* connect with others by communicating empathy
- \* find the gift that underlies all blame, judgment and criticism



## ABOUT JEFF

Jeff Brown is a Certified Trainer with the Center for Nonviolent Communication. He is also the Executive Director of Compassionate Communication of Central Ohio, an NVC nonprofit organization based in Columbus, OH.

Jeff has a master's degree in Spiritual Psychology and offers training, counseling and conflict resolution services to individuals, organizations and public groups throughout the U.S. and beyond. He has shared NVC in 15 states and 4 countries, including Japan and South Korea. Jeff has been studying and practicing NVC since 1999, and is also trained in community mediation.

**COST** Registration is \$200 for the weekend. **\*\* Early Bird Special \$170 if paid by October 1.** Scholarships are available. For more info, go to [www.nvcnashville.org](http://www.nvcnashville.org) or call Mary Anne at 615.300.8935 or email her at [maryanne.marciante@usa.net](mailto:maryanne.marciante@usa.net).

**WHERE** The Center for Healthy Living at Centennial Medical Plaza, 2201 Murphy Ave, Nashville, Tn 37203 (at the corner of 22nd and Patterson). There will be plenty of parking available at the Center for Healthy Living and in neighboring lots.

**WHEN** FRIDAY October 30 6:30 pm -- 9:30 pm, SATURDAY October 31 9:30 am -- 5:30 pm and SUNDAY November 1 9:30 pm -- 5:30 pm

**HOW** Make your check to "NVC NASHVILLE" and mail with the completed registration form below to **Mary Anne Marciante 312 Ferris Court, Franklin, Tennessee 37067.**

sponsored by

Center For Healthy Living at  
**Centennial Medical Center**  
THE STAR HEALTH SYSTEM



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name \_\_\_\_\_

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I \_\_\_\_\_ register for the NVC Nashville training on Oct 30- Nov 1, 2009  
print full name

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signature

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