

Making The Big Shift!

From Blame to Compassionate Understanding

FREE Mini-Workshop

August 5

Learn More!

Making The Big Shift....

From Blame to Compassionate Understanding

The challenge in life happens daily! Something is said and we feel the gamut from slightly to intensely frustrated, perhaps even anger. The intrusive thoughts of blame, criticism, interpretation, and the many judgements seem to come out of left field perhaps clouding the intent of what was said either by us or what we hear from another. And when we stack these judgements one upon another leaving them unattended, we easily live in emotional separation from others.

Join Us On August 5 as we learn how NVC supports us in the midst of separation to find our way home to ourselves whereby we're more likely to hear and connect with the shared humanity of another.

This mini-workshop is **Free** and provided by NVCNashville as we support the mission of learning, practicing and sharing Nonviolent Communication.
All Are Welcome!

What: Making the Big Shift....

from Blame to Compassionate Understanding!

When: August 5

Time: 12:45-4 p.m.

Where: The Nashville Library Edmondson Pike Branch

Fee: FREE!

Registration: We'd like to prepare for you! Please register here:

Zina@NVCNashville.org

Some of the tools we'll apply in this workshop are The NVC Dance Floors and Empathy Poker. The workshop will be facilitated by Carlene Maginnis, the Center For Nonviolent Communication Certified Trainer.



On August 5, Come Dance Your Way from Blame to Compassion!

