

June 13th, 14th, 15th - 2008

The ABCs of Empowering Communication: *a transformational weekend, based on Nonviolent Communication.*

INTRODUCTION TO NONVIOLENT COMMUNICATION

Facilitator: François Beausoleil

June 13th, 2008 (Friday): 7:00-9:00 pm

**Location: Ahimsa Village Community
4022 S. Eagle Valley Rd, Julian, PA**

In this interactive workshop you will learn the basics of Nonviolent Communication (NVC), a powerful method used around the world to resolve conflicts and to develop inner peace. Through a deepened understanding of the needs and longings of your own heart you will learn to listen to others more openly. The NVC process is designed to create a quality of connection among people in which everyone's needs are equally valued. It offers a way to heal and transform all your relationships - with yourself, your family, your co-workers, your neighbors, or anyone else with whom you value a connection.

THE ABCS OF EMPOWERING COMMUNICATION

Facilitator: François Beausoleil

June 14th and 15th, 2008 (Saturday and Sunday): 9:30 am - 5:00 pm

**Location: Ahimsa Village Community
4022 S. Eagle Valley Rd, Julian, PA**

How would you judge this workshop a success for you? Would you consider it a success if you went home with specific methods, relevant to your life, which enabled you to address challenging situations in your life with increasing success? We would! In the ABCs of Empowering Communication, we dive into the mechanics of communication with self and others, viewed through the lens of Marshall Rosenberg's Nonviolent Communication. Participants receive a clear map and concrete directions for finding relief and peace of mind around specific communication challenges. We request that those without prior training in NVC attend the Friday evening introductory workshop before attending

Requested Contribution: \$25 for Friday, \$245 for Saturday and Sunday (two whole-foods vegan lunches will be included in this fee)

Nobody will be turned away for lack of funds! Scholarships and work-exchange options are available for those who would not attend because of money.

Some of the elements covered during the training:

- Connecting compassionately with ourselves
- Inner Work
- NVC and children
- Seeing and holding both parties' needs in a relationship and creating synergistic strategies aligned with these needs.
- Exploring power issues and needs-based structures in intentional communities

ABOUT THE FACILITATOR

Francois Beausoleil has been teaching Nonviolent Communication in communities since 2004. A graduate of the NVC Leadership Program offered by the Bay Area Nonviolent Communication (BayNVC) organization, he now works for BayNVC as a trainer and program coordinator. Currently he is also directing a year-long training program for a social service agency in California.

TESTIMONIALS

For testimonials related to François' workshops, see:
<http://bnc.quasart.ca/index.php?page=testimonials>

**For more info feel free to visit
www.ahimsavillage.org**

TO REGISTER VISIT WWW.AHIMSAVILLAGE.ORG OR CALL KELLE KERSTEN AT (814) 355-0850

THERE WILL BE A \$25 EARLY BIRD DISCOUNT FOR ALL THOSE WHO REGISTER BY MAY 1ST!

SPACE IS LIMITED! PLEASE REGISTER AS SOON AS POSSIBLE. DEADLINE IS JUNE 2

THE ABCS OF EMPOWERING COMMUNICATION IS PART OF THE BUILDING NVC COMMUNITY PROGRAM

CREATED BY FRANCOIS BEAUSOLEIL AND SPONSORED BY BAYNVC (WWW.BAYNVC.ORG)

AND AHIMSA VILLAGE (WWW.AHIMSAVILLAGE.ORG)