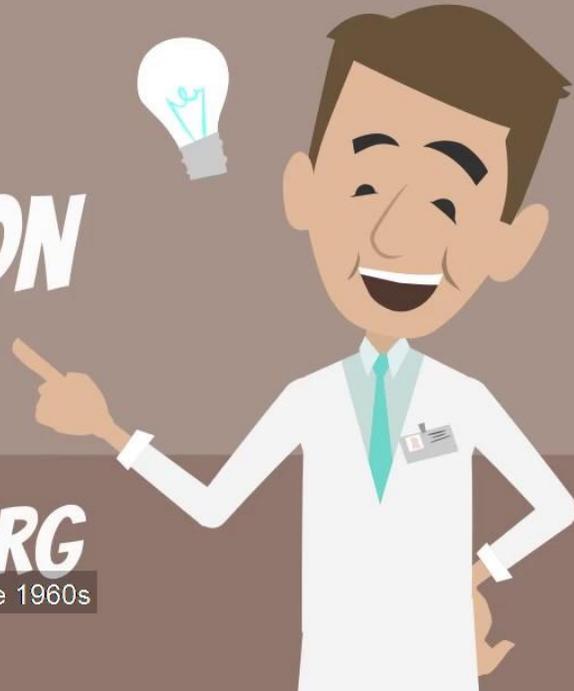


# NONVIOLENT COMMUNICATION



**DR. ROSENBERG**  
in the 1960s

GoAnimate

**What:** We are honoured to offer a workshop in **Nonviolent Communication**.

**Where:** The Calgary Buddhist Temple

**When:** Saturday April 27<sup>th</sup> 1:30-4:30pm

**Cost:** \$40, \$45 for non-Temple-members

**Who:** Open to all, space is limited.

**Why:** In alignment with our deep value of 'Right Speech' from the Buddha's teaching of the Eightfold Path., this workshop will bring us tools and awareness to enhance our ability to improve our skills in nonviolent communication in our lives.

**Contact:** Sensei Ken Madden [kenmadden@gmail.com](mailto:kenmadden@gmail.com) to sign up. Fee to be paid on the day of the workshop. (Please respect that if you sign up we need to have your participation or fee covered to offer correct dana to Anne).

## **Further information:**

Nonviolent Communication (NVC) was developed by Marshall Rosenberg, PhD, a Psychologist who used the term "nonviolence" in the sense that Gandhi did. With its origins in the Sanskrit word Ahimsa, it may be literally translated to English as "no harm"; in a deeper essence it's about bringing compassion to our interactions with self and others.

The NVC model supports us in bringing our spiritual practice into our day to day life by integrating language and communication skills which have been known for centuries. Through its emphasis on deep listening – to others as well as ourselves – NVC provides practical tools which foster connection, mutual understanding, authenticity, compassion and solutions that work for everyone.

Key points of NVC are:

1. Is a learnable process designed to enhance well-being and serve Life

2. Has 2 key principles: the Intention is to create a quality of Connection where all needs are valued and Attention is placed in the present moment or Now
3. Can be used in 3 ways: Listening to ourselves, Empathically Listening to Others and Honestly Expressing Ourselves
4. Has 4 simple steps: Observation, Feeling, Needs and Request



**Facilitated by Anne Walton, CNVC Certified Trainer:** My introduction to Nonviolent Communication came in 2005 when I participated in a 3 day workshop with Marshall Rosenberg; what I heard there made my heart sing with joy and I knew right then that I wanted to learn this process and share it with others. Sharing NVC brings me so much joy and meaning and an abundance of opportunity for growth and self-discovery! As a facilitator, participants enjoy my authenticity, vulnerability and sense of humor. I offer live video conferencing series for intermediate to advanced NVCers including mentoring for those who wish to share or are sharing NVC with others. I'm also part of a team of

trainers and assessors who support those who are moving along the Certification path.

<http://chooseconnection.com/>