

Connections

From the Flagstaff Center
for Compassionate Communication

An Affiliate of the Center for Nonviolent Communication

Fall 2005

Fall 2005 Class Schedule

September

- **Intermediate NVC Class**

Would you like to enhance your consciousness and practice of NVC? Join us as we explore intermediate to advanced NVC topics designed to help you expand your ability to live NVC. Ample practice provided. Expect a variety of levels of NVC experience from 16 hours to several years. This is a fully participatory class with a focus on setting and achieving individual goals. Prerequisite: 16 hours of NVC training. *Limited space available!* Mondays, 9/12 -11/21.

6:00-8:30pm..... \$350
(payments accepted, and some scholarships are available)

- **Introduction to Compassionate Communication**

Learn the basics of Compassionate Communication and how

this process can transform your life and relationships. Tues., 9/6. 6:00-8:00pm..... Donation Only

- **Foundations of Compassionate Communication**

Learn how to begin the process of transforming your relationships through the tools of Compassionate Communication. A lot of time for practice integrating NVC into each participant's life is provided. Saturdays (9/24, 10/8, 10/22, 10/29, 11/5, 11/12) 9:00-11:30am..... \$225

- **Staying in the Dialogue**

When we stay in the dialogue even in challenging times, we are committing to the relationship and resolution. It is often the intensity of a situation and lack of skills that cause most of us to end conversations before resolution is possible. Attend this workshop and learn ways to stay in a dialogue through to reso-

lution and to value everyone's needs in the process. Sat., 9/17. 9:00am-1:00pm..... \$40

October

- **Tools for Effective Parenting with Inbal Kashtan**

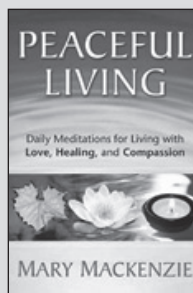
Attend this exciting workshop with Inbal Kashtan, Director of the Parenting Project for the Center for Nonviolent Communication, and explore how NVC can empower you with effective parenting tools. You will learn the NVC approach for avoiding power struggles, expressing boundaries and consequences, modeling values you want your children to live, and communicating in ways that teach respect and honesty. This workshop is a must. *Limited seating!* Sat., 10/1, 8:30am-3:30pm (Phoenix) or Sun., 10/2, 12:30-6:00pm (Flagstaff)..... \$65.00 per person

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New Book Available!

Peaceful Living: Daily Meditations for Living with Love, Healing and Compassion. By Mary Mackenzie
\$15.95 + shipping/handling

Peaceful Living goes beyond daily affirmations, providing the skills and consciousness you need to transform relationships, heal pain, and discover the life-enriching meaning behind even the most trying situations. Begin each day centered and connected to yourself



and your values. Each meditation includes an inspirational quote and concrete, practical tips for integrating the daily message into your life. The learned behaviors of cynicism, resentment, and getting even are replaced with Nonviolent Communication skills.

Special Introductory Offer!

Orders to the Flagstaff Center for Compassionate Communication made by September 23, 2005 will receive a 15% discount.

Classes

continued from front

- **Introduction to Compassionate Communication**

Learn the basics of Compassionate Communication and how this process can transform your life and relationships. Tues., 10/4.

6:00-8:00pm..... Donation Only

November

- **Introduction to Compassionate Communication**

Learn the basics of Compassionate Communication and how this process can transform your life and relationships. Tues., 11/1.

6:00-8:00pm..... Donation Only

- **Foundations of Compassionate Communication**

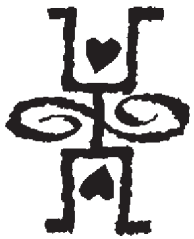
Learn how to begin the process of transforming relationships through the tools of Compassionate Communication. A lot of time

for practice integrating NVC into each participant's life is provided. Wednesdays, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14.

6:00-8:30pm..... \$225

- **Transform Your Relationship with Money**

Join us as we help you uncover your negative beliefs about money that block you from living abundantly, and learn a new paradigm for shifting out of scarcity thinking. Sat., 11/19. 9:00am-5:00pm..... \$75



Peace Workshop, International
dba Flagstaff Center for Compassionate Communication
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www.compassionatecommunication.org

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ADDRESS SERVICE REQUESTED

Changing
the world
one heart
at a time.

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Flagstaff Center for Compassionate Communication is a non-profit educational organization that promotes Compassionate CommunicationSM.

Other services offered through FCCC

MEDIATION

Specializing in family and professional disputes.

MEETING FACILITATION

Specializing in facilitating complex dialogues that lead to connection between parties and resolution.

Mark Your Calendar!

The FCCC Holiday party will be held Saturday, December 3 at 6:00pm.
Expect a personal invitation later in the Fall!

Accelerate Your Learning Process with Private Coaching

Mary Mackenzie offers private coaching sessions to help people take their knowledge and skill of living NVC to the next level. No matter where you start, you may move to the next level with personal, private support. For information, contact us at 928-526-4796 or fcc@compassionatecommunication.org.