

# Connections

From the Flagstaff Center  
for Compassionate Communication

An Affiliate of the Center for Nonviolent Communication

Winter 2005

## New NVC Mentoring Program for Intermediate and Advanced Giraffes

The Flagstaff Center for Compassionate Communication is initiating a 12-month mentoring program for intermediate or advanced Giraffes who want to take their NVC skills to the next level, or who want to become certified trainers. The mentoring program is comprised of two components: 1) five five-hour workshops (held on Saturdays), and 2) individual coaching sessions (held at mutually agreed upon times).

### Program Workshops NVC Consciousness

Examine how you live the NVC process and what keeps you from maintaining the quality of con-

nection you desire. Saturday, 3/12, 10:00am-4:00pm.

### Empathy

Learn concrete tools for reaching greater depth in the empathy process. Significant practice and coaching will be included. Saturday, 5/14, 10:00am-4:00pm.

### Self-Empathy

Explore what keeps you from connecting with others, and how you can maintain the connection even when triggered. Saturday, 7/9, 10:00am-4:00pm.

### Staying in the NVC Dialogue

Learn concrete tools for reaching greater depth in the empathy process. Significant practice and

coaching will be included.

Saturday, 9/10, 10:00am-4:00pm.

### Tools for Teaching NVC

Practice teaching new concepts, practice groups and classes, while receiving coaching. Saturday, 11/12, 10:00am-4:00pm.

The five-workshop package is \$350; individual workshops are \$80 each. **It is not necessary to register for the mentoring program to take any of these workshops.** All intermediate and advanced giraffes are welcome to attend any or all of these workshops.

### Individual Coaching

The coaching component will enhance your knowledge of NVC concepts, teaching and living NVC, and your growth in areas where you struggle. Fees: 6 hours=\$360, 12 hours=\$660, 24 hours=\$1,080.

Sign up for the five-workshop package and at least six individual coaching

sessions and receive a scholarship towards CNVC's certification fees. Scholarships are determined by the number of coaching hours purchased: 6 hours/\$85, 12 hours/\$250, 24 hours/\$475.

For information and to register, contact Mary Mackenzie.

## Donations to the FCCC

We have been blessed with many donors in 2005. These donations helped us continue our work teaching Compassionate Communication and building peace in our community. From the bottom of our hearts, thank you for your generosity and confidence in how Compassionate Communication benefits our community.

### Here is a list of our 2004 donors:

Robin Adams	Chuck McDougal
Anonymous individual donor	New Frontiers Natural Marketplace
Louis Buchetto	Novakinetics LLC
Dot Himes	Jenny Prennace
Helen Ferrell Hudgens	Jessica Sierra
Denise Hudson	Wells Fargo Foundation
Fran Joseph	
Mary Layman and John Johnson	

# New NVC Classes!

The FCCC 2005 schedule of classes and workshops through June is enclosed in your newsletter. Here are a few of the new workshops you may want to pay special attention to:

- **Compassionate Communication and Addictions**

Learn the Compassionate Communication philosophy behind addictions and how traditional recovery methods and the

Compassionate Communication model complement each other to help people recover from their addictions. Saturday, 3/26  
9:00am-1:00pm..... \$58

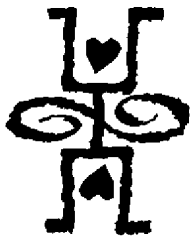
- **Compassionate Communication and Money**

This extensive workshop will lead participants through a process of healing their negative beliefs about money that block them from living abundantly, and will

offer a new paradigm for sharing resources that values everyone's needs. Friday, 4/22 6:00-9:00pm and Saturday, 4/23  
10:00am-4:00pm..... \$95

- **Body Image**

This workshop will focus on your relationship with your physical self and will help you create a more loving connection to your body. Saturday, 5/28  
9:00am-1:00pm..... \$58



Peace Workshop, International  
dba Flagstaff Center for Compassionate Communication  
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Changing  
the world  
one heart  
at a time.

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

## Upcoming Giraffe Gatherings

**Game Nights**  
Fridays: March 18  
and June 3, 6:30pm

Join us as we play non-competitive games such as: Cranium, Pictionary, Catch Phrase and others, while enjoying the company of other Giraffes. Snacks provided.

Mark these  
dates in your  
calendar!

**Movie Nights**  
Fridays: February 4  
and April 15, 6:30pm

Join us while we watch a movie that captures the NVC spirit. Snacks provided.

All activities are held at the FCCC at 1621 N. West Street. Please RSVP to Mary Mackenzie one week prior to the event by calling 928-526-4796.

## Thought for the Day

Before trying to coerce your child into doing something, ask yourself two questions: "What do I want my child to do?" and "What do I want her reasons to be for doing it?"

Help your child maintain her connection to self by teaching her how to be intrinsically motivated.

*Excerpted from Peaceful Living: Daily Meditations for Living with Love, Healing and Compassion, by Mary Mackenzie, which will be published Fall 2005.*