

Building Sustainable Relationships: Using NonViolent Communication to Create Connections

In this workshop you'll use the NonViolent Communication model to **build sustainable relationships**, even when you feel triggered. Expand your emotional literacy and needs awareness to deepen heart connections and unlock human potential. Support authentic communication by understanding what really motivates people. You will learn simple ways to:

- Facilitate difficult conversations that promote authenticity, understanding & compassion.
- Express observations, feelings, needs and requests to help people develop mutual respect.
- Attune to life-giving forces and universal needs to help people express themselves fully.
- Share power in ways that strengthen self-connection, and connection with others.



This interactive workshop is based on the work of Marshall Rosenberg, Ph.D., the author of *Non-Violent Communication: A Language of Life*. Learn how to create your life, your relationships and your world in harmony with your values. **Martha Lasley** is the Director of Training for *Leadership that Works*, a coaching and training firm in Troy, PA. **Workshop on Friday, January 11, 2008.**

This event is part of a new series of Sustainability Talks sponsored by Ahimsa Village. **Please R.S.V.P.** to Sunny at 814-353-8582 or livingpotentials@hotmail.com if you plan to come so we can make enough soup and bread! **Vegan soup and bread at 6pm, followed by program at 7pm.**

Suggested Donation: \$5 benefits the Ahimsa Education Committee; the speaker is coming from some distance so additional donations for travel expenses are welcome.

Directions: Address: 4022 S. Eagle Valley Rd, 16844, From State College area: Take Rt. 322 West, do not exit for Rt. 220 / I-80. Stay on 322 until you pass State College and go over SkyTop Mountain to Alt. Rt. 220. Take Alt Rt. 220 North, ~ 6 miles to Ahimsa Village Community, on your left. Look for large black mailbox "Ahimsa" 4022. If you see the Julian Woods Community sign on your left, you have gone one driveway too far.

"Marshall Rosenberg provides us with the most effective tools to foster health and relationships. Nonviolent communication connects soul to soul creating a lot of healing." - **Deepak Chopra, author of Ageless Body, Timeless Mind**

"Nonviolent Communication is a powerful tool for peace and partnership; it shows us how to listen empathically and also communicate our authentic feelings and needs."

- **Riane Eisler, author of *The Chalice and the Blade, Tomorrow's Children***

"You will learn simple tools to defuse arguments and create compassionate connections with your family, friends, and other acquaintances."

- **John Gray, Ph.D. author of *Men are From Mars, Women are from Venus***

Ahimsa Village is an evolving permaculture demonstration site and community resource center promoting choices in resilient living, learning, and communication. We are located on 65 acres of forested land in the geographic center of Pennsylvania. The property and surrounding land are part of the School of Living Land Trust. Our motto is: Learning – Community – Sustainability. To learn more go to www.ahimsavillage.org, email: info@ahimsavillage.org, 355-0850