

# WORKSHOP & DISCUSSION

## Non Violent Communication: Practical skills to live right relations in our homes and communities.

Workshop facilitated by: **Duke Duchscherer**

### You can begin to learn to:

- Develop skills to create quality connections that supports trust, emotional safety, openness, and intimacy
- Experience the power of empathy to liberate natural compassion from within yourself and others
- Cultivate skills to dialogue with, and connect to another even when judgment, criticism, and blame arise
- Deepen your relationship with yourself, creating more self-understanding and self-care

**Nonviolent Communication<sup>SM</sup>** is a unique approach to communicating - thinking, speaking, and listening - which guides us in transforming ineffective patterns of relating into new, compassionate ways of acting, expressing ourselves, & hearing others.

Developed by Dr. Marshall Rosenberg, this practical & proven process has been used around the world in schools, prisons, social activism, health care, war zones, & government institutions, as well as in personal relationships.

### Join us!

#### Saturday Workshop:

January 20, Community Room, 9:30-4pm. Lunch available

#### Sunday Sermon:

January 21, Duke will give a sermon titled “Teach Only Love”

#### Sunday Discussion:

January 21, Sanctuary, 12:30-2pm. Snacks available

### Sign up:

- Use the link in the enews, on the UUfacebook page.
- Email Steve Silverman at [slsilver1000@gmail.com](mailto:slsilver1000@gmail.com) with questions.
- Childcare is available for Saturday with signup by Jan 14. Email [childcare@uusociety.org](mailto:childcare@uusociety.org).

**Facilitator Duke Duchscherer** is a Certified Trainer with the International Center for Nonviolent Communication and is on the Board of Directors for the MK Gandhi Institute for Nonviolence. He has facilitated learning events in Restorative Circles and Nonviolent Communication around the world.

This workshop is presented by the **Healthy Congregation team**. Please contact Steve Silverman, Amelia Schlossberg, Sarah Forbes, Stuart Graves, Noah Patullo, or Brenda Balon with any questions.