

Moorpark College, Year of Conflict Transformation

Compassionate, Nonviolent Communication

"Beyond right and wrong, there is a field. I will meet you there."

Rumi



In this *Opening Workshop* and subsequent *Practice Groups* you will gain practical skills to:

- Increase clarity in your observations and conciseness when speaking.
- Focus on connection through empathic listening.
- Transform conflict into mutually satisfying outcomes by understanding needs.
- Foster collaboration based on requests.
- Defuse anger and frustration peacefully.
- Break patterns of thinking that lead to criticism of self or others.
- Move beyond power struggles to cooperation and trust.

(Outcomes modified from the back cover of the 2nd Edition of *Nonviolent Communication: A Language of Life*, by Marshall B. Rosenberg.)

Do you feel concern about the global conflicts?

Do you find yourself arguing with students about grades or petitions when you would rather be talking about learning and development?

Do you feel frustrated when people misunderstand your intentions or discount what you say?

Do you ever find yourself wanting to "be right" rather than connected?

Compassionate Communication™ or Nonviolent Communication™ was developed by Marshall Rosenberg, Ph.D., to connect with others while joyfully meeting everyone's needs.

Marshall Rosenberg shares, he has "identified a specific approach to communicating – both speaking and listening – that leads us to give from the heart, connecting us with ourselves and each other in a way that allows our natural compassion to flourish."

This simple, yet powerful, approach to communicating has four steps, ***observations, feelings, needs, and requests.***

These steps are applied to ***self-empathy, expressing honestly, and receiving empathically.***

Opening Workshop: **September 8, 1-3 pm, CCCR A**
Light, yet substantial snacks will be provided.

Practice Groups: Second Thursday of each month, 1-3 pm, FH 116, except October, which will be on the fourth Thursday.
The model will be reviewed at each practice group, allowing for flexible attendance.

(Oct. 27, Nov. 10, Dec. 8, Jan. 12, Feb. 9, Mar. 8, & May 10)

April 12, 2012 is Multicultural Day

Resources: ***Nonviolent Communication: A Language of Life***, by Marshall B. Rosenberg and the ***Nonviolent Communication Training Course*** self-guided curriculum (9 immersive CDs), are available on reserve in the library.

Join Inajane Nicklas for the opening workshop and ongoing practice groups; she has studied Compassionate Communication for the past 5 years, attending the 2011, 9-day *International Intensive Training* with Marshall Rosenberg, Ph.D., in Albuquerque, New Mexico, as well as participating in local training and workshops through Santa Barbara City College, *Choose Connection*, and *Mediation Consultants*.