

# NVC WORKSHOPS 2010

Nonviolent Communication (NVC) is sometimes referred to as compassionate communication. NVC guides us to reframe how we express ourselves and hear others by focusing our consciousness on what we are **observing, feeling, needing,** and **requesting.**

As the name implies, this approach to communication emphasizes **compassion** as the motivation for action rather than fear, guilt, shame, blame, coercion, threat or justification for punishment. In other words, it is about getting what you want for reasons you will not regret later.

## **NVC IV -Working Through Anger & Frustration**

**Saturday, August 7, 2010**

**11am-1:30pm**

**Instructor: Loa Freeman**

**Investment: \$35 per class**

