

CREATING A KINDER, MORE COMPASSIONATE WORLD

4th October 2017, 7pm to 9pm

Café Medina, 14 Market Square, Narberth, Pembrokeshire

The Café will be open for food and snacks throughout the evening.

A one-evening introduction to Marshall Rosenberg's Nonviolent Communication (NVC). NVC covers a lot of ground and the simple sounding question "what is NVC?" can take a while to answer.

We will explore the key areas of NVC through discussion and by taking part in some simple activities which are intended to be enjoyable and informative.

We will cover NVC's understanding of universal human needs. We'll look at how moralistic, judgemental language leads to the game of "Who's Right" and conflict, and away from connection. We'll explore empathic, attentive listening, and how we can move towards the game of "Making Life Wonderful" through Natural Giving – giving joyfully and from the heart, not through obligation, duty, guilt, shame or to try and make people like us.

The evening's activity will be hosted by Mike Wilson, a candidate for certification with the Centre for Nonviolent Communication.

Places are limited, so please book at whisperingwind.co.uk/narberth-nvc-evening/ or by e-mail to nvc@whisperingwind.co.uk

Café Medina request £2.50 per person. There are no other charges; Mike offers his time as a gift.