



# Be the Change:

*Embodying effective, nonviolent social change*

## *A Nonviolent Communication (NVC) Course Six Weeks on Monday nights, beginning May 3, 2010*

6:00 pm	Registration, networking
6:30 pm	Workshop begins
8:30 pm	Closing



[www.cnvc.org](http://www.cnvc.org)

Dates (excludes Memorial Day; concludes on Flag Day):  
5/3, 5/10, 5/17, 5/24, 6/7, 6/14

This workshop is based on Nonviolent Communication, a beautiful, powerful and practical system developed by Dr. Marshall Rosenberg ~ [www.cnvc.org](http://www.cnvc.org). The format includes presentation, discussion and practice.

- Increase effectiveness and personal satisfaction in committee meetings, lobbying, and grassroots organizing.
- Learn how listening for unmet needs can give you clues on what and how to communicate next.
- Learn to look for common needs and values as a basis for a conversation about strategies.
- Learn to transform enemy images into shared humanness. Increase compassion to promote *lasting* change.
- Learn a process to release anger and despair, and cultivate appreciation and gratitude as fuel for social action.
- Create a dream to inspire you and others, and work from the energy of that vision.
- Employ the NVC model to increase peace and harmony in our own family and other personal relationships.

**Cost:** \$180-\$250 (self-selecting sliding scale). Partial scholarships available through work exchange. No one turned away for lack of financial resources.

**Location:** FOCUS, 430 W. 22<sup>nd</sup> Street, Lombard, IL 60148

**Directions:** Minutes from I-355 Butterfield Road exit (Butterfield East to Finley North to 22<sup>nd</sup> Street East); COVE Shopping strip; signage on windows only

**Registration:** Karen at: [karenMjohnson99@aol.com](mailto:karenMjohnson99@aol.com) ~ 312-545-3460



The workshop will be lead by **Myra Walden MA, LCPC, certified trainer with the Center for Nonviolent Communication.** Myra was trained by Dr. Marshall Rosenberg, developer of Nonviolent Communication. She teaches transformational thinking, listening and speaking skills in schools, human service organizations, corporations and churches in the U.S. and Mexico. She brings to the workshop passion for equality and peace.



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