

## What is NVC?

The Nonviolent Communication model presented in this workshop was developed by peacemaker, mediator and healer, Marshall Rosenberg. Rosenberg's teaching reflects his understanding that violence begins in the language we use. Similarly peace is rooted in the way we communicate with each other.

Rosenberg teaches that everything that people do is in the service of their needs; what they do to others is the best possible thing they know to do to get those needs met. NVC teaches simple skills that enable people to connect with their own and others needs in a way that inspires compassionate response and the possibility for peace – interpersonally and in the wider community.



## This event is hosted by Sant Bani School

The Sant Bani School is located in Sanbornton, New Hampshire in a rural setting with access to 200 acres of field and woodlands. SBS is a K-12 grade day school with 175 children. The school offers an education that supports a spiritual perspective while providing sound scholastic training and personal development. Through nourishing the self-worth of each child, the school models the equality of all, a reverence for life and a dedication to the ideal of service to others.

## Details:

Dates: Friday, January 22, 2010, 6:30 - 8:30 pm  
Saturday, January 23, 9:00 am - 5:00 pm  
Snowdates January 29 & 30

Local organizer: Karen Gregg  
603-934-4240 ext. 127 or 603-744-6370  
Sant Bani School  
19 Ashram Road, Sanbornton, NH 03269  
[www.santbani.org](http://www.santbani.org)

Register EARLY to ensure a place.  
Registration limited to 30.

## Who Will Benefit from Attending:

People who want to bring more peace and harmony into their lives (both personal and workplace) and the world. This will include parents, and people who work in the fields of education, mental health, medicine, community and environmental sustainability, law enforcement, restorative justice, and businesses that work with the public.

## Tuition:

Fee request is \$85.00 for both sessions and includes a vegetarian lunch on Saturday.

Prior registration is strongly recommended.

Please send the registration form and \$20 deposit to secure your place. Deposits are refundable up to two weeks before the workshop begins. After that date deposits are non-refundable. If the workshop is cancelled full refunds will be made.

We value participation by ALL who wish to attend and will endeavor to create space regardless of ability to pay. Please contact Karen Gregg for information. 603-744-6370.

Make checks to Peggy Smith  
Mail to: Sant Bani School Attn: **Karen Gregg**  
19 Ashram Rd  
Sanbornton, NH 03269

# Introduction To Nonviolent Communication

with **Peggy Smith**

Certified Trainer  
with the  
Center For  
Nonviolent Communication



**Friday, January 22, 2010**

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Sanbornton, NH 03269

## About the Trainer:

Peggy Smith is the only certified trainer with the Center For Nonviolent Communication living in northern New England. She has been sharing NVC for over five years. Peggy taught elementary and middle school for 32 years in Maine. She brings her extensive teaching skills, humor and presence to this work.

With her new business, Open Communication, Peggy offers workshops, seminars and coaching to individuals, organizations and businesses. Peggy has studied with Marshall Rosenberg, (founder of NVC) and other internationally recognized trainers. Peggy has also studied with Zen teacher and social activist, Thich Nhat Hanh since 1991 and is an active member of his Order of Interbeing.

A co-founder of the Maine NVC Network and founder of NVC For Me. and Open Communication, she is passionate about bringing compassionate, authentic communication skills to Maine and the region.

www.opencommunication.org  
www.MaineNVCnetwork.org  
www.nvc4Me.com  
peggy@MaineNVCnetwork.org

*I believe the principles and techniques of Nonviolent Communication can literally change the world, but more importantly, they can change the quality of your life. I cannot recommend it highly enough.*

Jack Canfield  
Author of *Chicken Soup for the Soul Series*

## Introduction to Nonviolent Communication (NVC)

This workshop introduces participants to the basic understanding and practice of NVC.

Participants will practice

- expressing themselves authentically and . . .
- listening with empathy by
  - observing facts without evaluation, interpretation or judgment
  - identifying and expressing feelings
  - expressing the needs behind those feelings
  - formulating clear and concrete requests for actions

Empathy is our focus.

- Presence, deepening our experience
- empathy for ourselves
- empathy for others
- empathy in the family, at work, in conflict

The quality of our lives and our relationships begins with the quality of our communication with ourselves and each other. We will learn to release judgments of ourselves and others, and to speak more authentically from the heart. We will learn tools to stay centered and in our compassionate nature when we are triggered by someone's words or actions, and to resolve conflict in ways where everyone's needs are met.

*The intention (of NVC) is to create the quality of connection with other people and oneself that allows compassionate giving to take place . . . for the sole purpose of willingly contributing to the well-being of others and ourselves.*  
- Marshall Rosenberg

Registration for Introduction at Sant Bani School, Friday, January 22 and Saturday, January 23, 2010.

Name \_\_\_\_\_

I understand that I am registering for and intend to participate in ALL sessions of this event: Friday January 22 and Saturday January, 23, 2010.

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I am enclosing a \$20 deposit: \_\_\_\_\_ I am enclosing the entire \$85 for this event: \_\_\_\_\_

Mail registration to: Sant Bani School, attention Karen Gregg, 19 Ashram Road, Sanbornton, NH 03269  
Make check payable to Peggy Smith  
Contact Peggy for information – Phone: 789-5299 Email: [peggy@mainenvcnetwork.org](mailto:peggy@mainenvcnetwork.org)