

Connections

From the Flagstaff Center
for Compassionate Communication

An Affiliate of the Center for Nonviolent Communication

Fall 2004

Advanced NVC Mentoring Program

CCC is initiating a 12-month Mentoring Program, beginning 11/19/04 and running through 10/31/05. It is designed for people with advanced NVC skills who want to become certified trainers or want to take focused action towards integrating NVC into their lives. The Mentoring Program is comprised of: 1) six five-hour workshops (*held on Saturdays*), and 2) individual coaching sessions (*held at mutually agreed upon times*).

Program Workshops

NVC Concepts

Review key differentiations and other NVC concepts, and broaden your awareness of how these concepts appear in your life. Saturday, 11/20, 10:00am-4:00pm

NVC Consciousness

Examine how you live the NVC process and what keeps you from maintaining the quality of connection you desire. Date TBD.

Empathy

Practice your empathy skills and receive coaching to fine tune those skills. Date TBD.

Self-Empathy

Explore what keeps you from connecting with others, and how you can maintain the connection even when triggered. Date TBD.

Staying in the NVC Dialogue

Explore the importance of maintaining the connection even in challenging situations, and create

strategies that will help you stay in the dialogue. Date TBD.

Tools for Teaching NVC

Practice teaching new concepts, practice groups and classes, while receiving coaching. Date TBD.

For information and to register, contact Mary Mackenzie.

The six-workshop package is \$400; individual workshops are \$80 each. It is

not necessary to register for the Mentoring Program to take any of these workshops.


Individual Coaching

The coaching component will enhance your knowledge of NVC concepts, teaching and living NVC, and your growth in areas where you struggle. Fees: 6 hours=\$360, 12 hours=\$660, 24 hours=\$1,080.

Sign up for the six-workshop package and at least six individual coaching sessions and receive a scholarship towards CNVC's certification fees. Scholarships are determined by the number of coaching hours purchased: 6 hours/\$85, 12 hours/\$250, 24 hours/\$475.

Upcoming Classes / Workshops

- **Monthly Introductions to Compassionate Communication**
12/13, 10/4, 11/1, 12/6
5:30-7:30pm Donation only
- **Women's NVC Class**
Experience a dramatic shift in living NVC through personal coaching and support from other women. Goal setting and monitoring included. Wednesdays, 9/8-12/15 (*14 sessions*)
5:00-7:30pm \$490
- **Basics of NVC Class**
Thursdays, 10/7-11/4
5:30-8:00pm \$200
- **Empathy Clinic**
Practice your empathy skills and receive coaching to fine tune those skills. Monday, 10/18
5:30-8:30pm \$55
- **Maintaining an NVC Consciousness in a Non-NVC World**
Review NVC Consciousness concepts and learn tools for maintaining it even under stress. Thursday, 11/18
5:30-8:00pm \$49
- **Review of CNVC's Training Certification Program**
Review CNVC's certification process, what to expect, how to get started, and set goals to achieve trainer certification. Friday, 11/19, 5:30-8:00pm . \$45
- **Transforming Enemy Images**
Do you harbor negative thoughts about others? Learn how to transform those judgments and improve your connection with challenging people. Thursday, 12/2, 5:30-8:00pm \$49



Upcoming Giraffe Gatherings

Game Night Friday, Sept. 17, 6:30pm

Join us as we play non-competitive games such as: Cranium, Pictionary, Catch Phrase and others, while enjoying the company of other Giraffes. Snacks provided.

Mark these
dates in your
calendar!

Movie Night Friday, Nov. 5, 6:30pm

Join us for Movie Night where we watch a movie that captures the NVC spirit. Snacks provided.

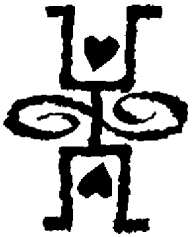
All activities held at FCCC, 1621 N. West St. Please RSVP to Mary Mackenzie. We're looking forward to meeting our needs for connection, community and fun at these gatherings!

Holiday Party! Saturday, Dec. 11, 6:00pm

Please join us for our annual Holiday gathering where we celebrate our Giraffe community and the Holiday Spirit.

Please bring something for a gift exchange that is valued at \$5.00 or less.

Dinner provided.



Peace Workshop, International
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Changing
the world
one heart
at a time.

NVC Excursion on Arizona's Lake Powell!

Have you been longing for an affordable way to create community and fun with other Giraffes? Join us for a 5-night excursion aboard a Lake Powell house boat beginning the Saturday of Memorial Weekend 2005. The cost of \$625/person includes boat rental, gas and other boat expenses, food and lodging. Our intention is to enjoy the sheer pleasure of living and playing in a community of Giraffes. Very little if any formal training will be provided. The boat sleeps 15 people.

Registration fees are due no later than March 1, 2005 or we lose our boat deposit.

For more information and to register, please contact Mary Mackenzie.

