

## Bodhi Eco-Project presents

### **COMPASSIONATE COMMUNICATION**

#### **Weekend workshop:**

Sat 12<sup>th</sup> and Sun 13<sup>th</sup> July, 9-30 am – 4-30 pm

Giffordtown Hall, Charlottetown, near Ladybank, Fife.

Facilitated by Claralynn Nunamaker, trainer candidate in NVC.

Information about Nonviolent Communication (NVC) can be found at the Center for Nonviolent Communication, [www.cnvc.org](http://www.cnvc.org).

**Compassionate Communication** helps connect us with what is alive in ourselves and in others moment-to-moment, cutting to the heart of what we presently feel and need, and helping us to articulate that skilfully. The skills presented in this workshop are based on Nonviolent Communication (NVC), developed by Marshall Rosenberg. The focus is on enriching life and our sense of connection with each other as we are now. These workshops can be challenging, fun and can create a deep sense of connection.

**Bodhi Eco-Project** strongly values deep, effective and heartfelt communication. We hold the development of such skills as a central criteria for full membership of the project and residency in our village.

**Bodhi supporters** will receive a discount of £10 for the weekend. To become a Bodhi supporter, and to learn more about the project visit [bodhi-eco-project.org.uk](http://bodhi-eco-project.org.uk).

**Recommended reading:** To get the most out of the weekend workshop attendees are recommended to read Marshall Rosenberg's book, '**Nonviolent Communication: a Language of Life.**'

#### **Cost of weekend course:**

For people without NVC experience: £55 / £45 for Bodhi supporters.

For people with some NVC experience  
who would like to use this as a refresher: £40 / £30 for Bodhi supporters.

Please bring food to share for lunch. Tea and coffee will be provided.

**Directions:** Giffordtown is near Ladybank in Fife. Lifts from Ladybank train station available on request.

**To book:** For the introductory session please e-mail [leilani@dsl.pipex.com](mailto:leilani@dsl.pipex.com) to book a place.

For the weekend workshop please complete the form below and send a deposit of £20 to:

Leilani van Koten, Monimail Cottage, Monimail, Cupar, Fife, KY15 7RJ.

Please make cheques payable to 'Bodhi'.

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**NAME:**

**ADDRESS:**

**EMAIL:**

**PHONE NUMBER:**  
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