

How to Connect with People, in Spite of Everything You Know

👉 *Your Habits May Be Undermining Your Relationships!*

workshop series

hosted by



**facilitated by
Conal Elliott &
Holly Croydon**

Sundays,

**October 24th, 31st,
November 7th, 14th**

1:00pm-4:00pm

**To register, call
209-747-1194**

\$10 donation suggested

**Questions?
Contact Holly & Conal
at 209-754-4773 or
info@awakeningcompassion.com**

- ❖ Discover common habits that steal your joy & compassion and keep you stuck in conflict and resentment.
- ❖ Identify the beautiful core feelings and needs behind judgment, blame, and demand.
- ❖ Express your feelings & needs in ways that inspire openness & compassion rather than withdrawal & defensiveness.
- ❖ Get to the hidden heart of power struggles, and find win/win solutions that keep goodwill intact.
- ❖ Learn “Ten Habits of Highly Unsuccessful Listeners,” and how to avoid them.
- ❖ Speak and hear “no” as a gift to help you reach agreements that really work.
- ❖ Own your own happiness by taking responsibility for your feelings and needs.

“When we understand the needs that motivate another’s behavior, we have no enemies.”

~Marsall Rosenberg



Awakening Compassion AwakeningCompassion.com

Based on “Nonviolent Communication; A Language of Life,” by Dr. Marshall Rosenberg, PhD

The Center for Creativity and Community is located at 23 W. St. Charles St., San Andreas, CA