

A language of the heart

A weekend exploration of the principles and skills of
Non-Violent Communication.

An experiential day exploring the skills and principles of Non-violent communication, through dialogue, reflection, group work and play.
Suitable for complete beginners and experienced practitioners.

Some of the topics we will cover:

- The Heart of Non-Violent Communication.
- The basic model; observation, feelings, needs and requests.
 - The difference between the essence and the form.
 - Listening deeply – Empathy for ourselves and others
- Observation: differentiating between the stimulus and the cause of our experience.
- Expressing ourselves in a way that helps us to be heard and understood.
- How to receive criticism creatively and stay connected to self and other.
 - Honesty and integrity.
- Exploring how to express our needs and values.
 - The beauty behind NO!
- Seeing the value and beauty of anger. Learning how to express the important values that underlie our anger.
 - The transformative power of gratitude.

Jayaraja a member of the Triratna Buddhist Order for 17 years has been learning and sharing NVC for 8 years and is also trained in Gestalt psychotherapy and group work. He is known for his playfulness and making learning fun.

Oct 9th – 10th
10.00am -5.00pm
At the North London Buddhist Centre
72 Holloway Road,
London
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