



**SAT., NOV. 10, 2018**  
**10:00 A.M. – 5:00 P.M.**

# “Moving Toward Empathy and Honesty through the Lens of NVC”

South Bay Project Resource presents

**Kristin Masters, CNVC Certified Trainer**

## Program Summary

We will spend a day together applying the principles, skills and tools of Nonviolent Communication to our lives and relationships. Expect to engage in practice, to explore listening for values—ours and other's—and to let those values guide us afield of less defense and more trust. Kristin will apply the steps of OFNR—Observations, Feelings, Needs, Requests—without falling into formulaic speech, rather into language that reflects our heartfelt connection to one another across differences.

This workshop hopes to bring those effective communication tools to help *create a safe space, resolve conflicts and build compassionate relationships.*

**BIO** Kristin Masters, CNVC (Nonviolent Communication) Certified Trainer, is currently engaged in learning, teaching, and sharing compassionate communication. Kristin finds great interest in the inner work of NVC, drawing on Robert Gonzales' [Living Compassion](#) work to support greater self responsibility and freedom from the kind of suffering that stems from victim thinking. She also utilizes Joanna Macy's [Work That Reconnects](#)—incorporating empowerment, mourning and action. For nearly twenty years, Kristin has been a leader in diversity issues, and believes that we can heal the hurts we've suffered in our domination society. She anticipates great joy in the future of applying NVC to social change and healing.

For more on Kristin visit her Web page at [www.nvcsantacruz.org/kristin-masters](http://www.nvcsantacruz.org/kristin-masters).  
For more information about NVC visit [The Center for Nonviolent Communication](http://TheCenterforNonviolentCommunication.com)®

*“Every criticism,  
judgment, diagnosis,  
anger  
is the expression  
of an unmet need.”*

—Marshall B. Rosenberg, PhD  
Founder / Director of CNVC  
1934 – 2015

Come Engage & Practice NVC



Learn about OFNR



FREE



Cypress Community Center  
403 Cypress Avenue, Room 5  
San José, CA



Limited seating



Registration required, e-mail:  
[southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)

Map on back



[www.southbayprojectresource.org](http://www.southbayprojectresource.org)



Parks, Recreation and  
Neighborhood Services

# Cypress Community & Senior Center Map

City of San José Cypress Community and Senior Center

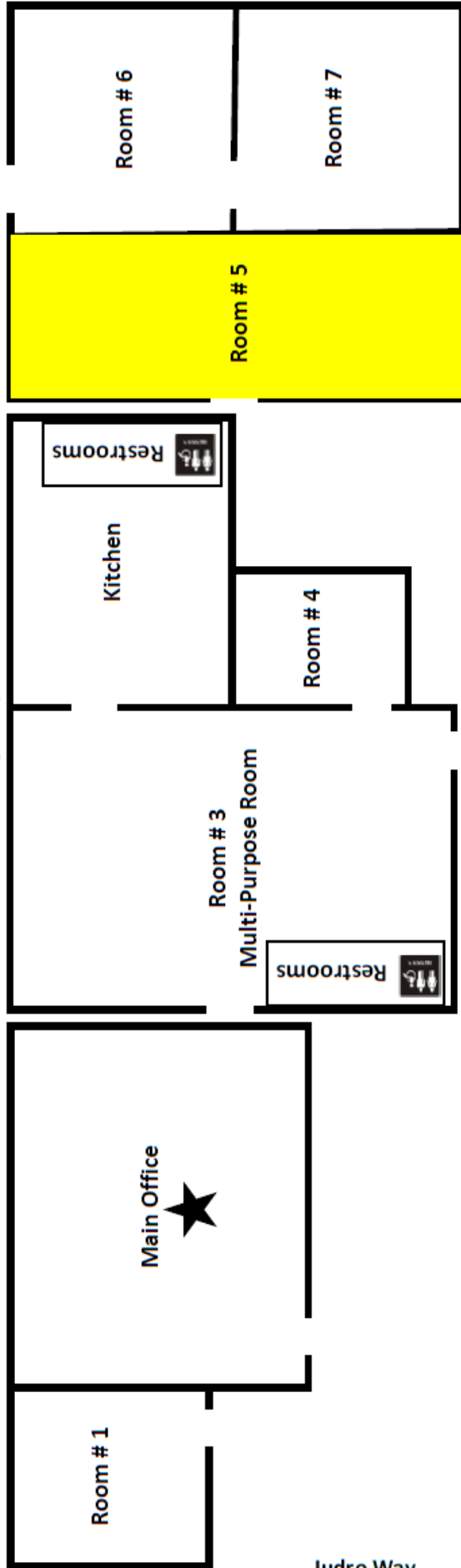
403 Cypress Ave, San Jose, CA 95117

Phone: 1 (408) 244-1353

For the Current Season's Community brochure, visit URL <https://issuu.com/sjiparksandrec>

Welcome to Cypress Community & Senior Center! Please feel free to grab a map, and get to know your way around. The Senior Nutrition Program takes place in Room #3 aka the Multi-Purpose Room. Consult the calendar for any other programs or classes, or ask a friendly staff member!

Senior Housing Complex



Judro Way

PARKING LOT (free)

Cypress Avenue