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 heartful 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.
For more information about NVC visit The Center for Nonviolent Communication®

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
Map on back

“Every criticism, judgment, diagnosis, anger is the expression of an unmet need.”
—Marshall B. Rosenberg, PhD
Founder / Director of CNVC
1934 – 2015

www.southbayprojectresource.org
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

Room #1
Main Office

Room #3
Multi-Purpose Room

Room #4

Room #5

Room #6

Room #7

Apartment Complex

PARKING LOT (free)

Cypress Avenue