

Compassionate Communication

[Add an Event](#)

[Register with us in one easy step!](#)

Deepen your skills for resolving and preventing conflicts

Practice the secret for how to get the most out of others blame, criticism, and verbal attacks

_Get heard the way you want to be

_Create more connection, joy, and clarity in all your relationships

_Develop confidence in conflict situations

Oct. 18 2009

for DISCOUNT visit [Label](#)

Compassionate Communication is a 4-step process, (developed by Marshall Rosenberg PhD) that can support us in cultivating a heart-connection and in living compassionately, while both joyfully giving and receiving more of what we truly want. This process offers proven, effective interpersonal communication skills to help you foster healthy, satisfying relationships_with yourself and others. you'll learn to understand the root of all conflict and emotional pain. It is about getting what you want for reasons you will not regret later. With these processes, you can empower yourself to make conscious, responsible choices, so others will hear the way you want to be heard. During this workshop you will: Learn to distinguish between Assumptions/Evaluations and Observations, Thoughts and Feelings, Strategies and Needs/Values, Demands and Requests. Learn and practice expressing yourself clearly and powerfully without using blame or judgment. Become more empowered by being aware of your feelings and finding ways to meet your needs. Learn to ask for that which you want in ways the other can more easily hear.

//

Loading...

//Modern Steps

\n4117 Tamiami Trl E, Naples, FL

\nCompassionate Communication"); }); map.addOverlay(marker01); } //]]>

Published on Sep. 30 2009

Source: <http://www.naplesyoga.com>

The original page is located at

<http://free.naplesplus.us/articles/view.php/52211/compassionate-communication>