



## Angels Camp Mercantile & Café

1267 S. Main Street ❖ Angels Camp ❖ (209) 890-7155

Presents

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

👉 *Your Habits May Be Undermining Your Relationships!*

Led by Conal Elliott and Holly Croydon

❖ Saturdays, Feb. 20<sup>th</sup>, 27<sup>th</sup>, and Mar. 6<sup>th</sup>, 3:00 to 5:30 p.m. ❖

*Try out some simple, practical, effective tools to:*

- ❖ *Discover common thought 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.*
- ❖ *Gain insight into healing your relationships using guided role plays.*
- ❖ *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.*

To register or ask questions,  
contact Conal and Holly  
at 209-754-4773 or

[info@awakeningcompassion.com](mailto:info@awakeningcompassion.com).

You are invited to a class introducing the principles and practices of Marshall Rosenberg’s Compassionate Communication (also called Nonviolent Communication or NVC). Witness and experiment with tools and techniques that help transform lifelong, self-defeating habits in our thinking, speaking and listening. We invite you to “bring your stuff” and experiment with your own challenges in a safe, supported manner. Learn new possibilities for nurturing rich, rewarding relationships in your personal life, work and community, *and* increasing your own happiness.

NVC is used to awaken compassion in couples, families, work settings, and in oneself. NVC is also used to restore compassionate connection in situations of ongoing physical violence, including prisons, inner cities, the Middle East, Africa, and Northern Ireland.

**Place:** Angels Camp Mercantile & Café

**Time:** Saturdays, 2/20, 2/27, and 3/6, 3:00 to 5:30 p.m.

*Fun Hint: Have dinner at the Merc after class and stay for Open Mic Night at 6:00 p.m.*

**Cost:** Donations are welcome but not required. In this first class, we want to give you an opportunity to see whether NVC and our classes are useful and enjoyable to you. We will ask for your feedback to help us adjust our offerings to best serve the community.

#### **About Conal and Holly**

We live and breathe NVC as an integral part of our lives and partnership. Conal has been studying and practicing NVC intensively since April 2003, and Holly since January 2004. Together we attended a nine-day International Intensive Training with NVC’s founder, Dr. Marshall Rosenberg, on whose work our practice is based, and special trainings in NVC-based mediation. We have coached individuals and couples, mediated personal and business conflicts, facilitated workshops and led practice groups.



For more details about NVC and Conal and Holly, visit our website: <http://AwakeningCompassion.com>.