

# Transformation of Our Core Beliefs

Intermediate NVC workshop

June 23 - 27, 2010

with **Gina Cenciose** (certified NVC trainer & CNVC certification assessor)

& **Peggy Smith** (certified NVC trainer)



In these five full days we will interactively explore the deep healing space within everyone that is whole and extends out in joining, embracing and celebrating life.

This space is what NVC and Carl Rogers call *empathy*.

The space of empathic presence will hold us as we take time to inquire into the thoughts, assumptions and beliefs that we are living from which make our lives less than wonderful. Many different NVC lenses will be offered to do this group and individual exploration. Our intention is to come to understand our motivations, have more self-awareness, choice and empowerment in our lives.

This residential workshop is the second session of the 2010 Maine NVC Integration Program that is also open to a limited number of others as a stand-alone workshop.

For full bios on the two trainers please see: [www.embodyingempathy.com](http://www.embodyingempathy.com) (Gina Cenciose) and [www.opencommunication.org](http://www.opencommunication.org) (Peggy Smith)

Location: Notre Dame Spiritual Center, Alfred, ME

June 23, 2010: registration 9 – 9:45 am

Session begins 10 am

June 24 - 26: 9 – 5:00

June 27: 9 – 3:00

Tuition: \$ 600

Room & Board: \$ 390 or commuter option that includes lunch & dinner: \$ 275

Total: \$ 990 or commuter \$ 875

Please send registration along with deposit (deposit equals the total amount of the room and board option that you choose: either \$ 390 on-site or \$ 275 commuter fee)

Make Room & Board payable to: **Open Communication**

Make Tuition check payable to: **Norman Pasewalk**

mail to **Peggy Smith**, 28 Atlantic Hwy, Lincolnville, ME 04849

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Registration Form: Transformation of Our Core Beliefs June 23 – 27, 2010  
Please complete and mail to Peggy Smith 2807 Atlantic Hwy, Lincolnville, ME 04849

Name: \_\_\_\_\_

Email:

Address: \_\_\_\_\_

\_\_\_\_\_

phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_

prior NVC experience:

I understand that the tuition fee is \$ 600 which is due by June 10, 2010.

Checks for tuition should be made out to **Norman Pasewalk** – and mailed  
c/o Peggy Smith, 2807 Atlantic Hwy. Lincolnville. Me. 04849

I plan on staying on site: \_\_\_\_\_ \$ 390

I plan on commuting: \_\_\_\_\_ \$ 275

My total payment will be: \_\_\_\_\_

Enclosed is my deposit equal to the room and board option I selected above.  
Make deposit check payable to **Open Communication**