

# Deepening our NVC Consciousness

## Level 2

With Peggy Smith, certified NVC trainer



This workshop will deepen our connection to NVC consciousness by guiding us toward ~

- strengthening our skills in empathy,
- translating judgments,
- connecting to and celebrating our needs,
- developing our skills at making requests,
- developing “power with” relationships,
- working with a “No” response.

**March 17 and 18, 2017**

Friday evening 6:30 – 8:30 pm

Saturday 9 am – 4 pm

Location

**First Congregational Church**

301 Cottage Road, South Portland

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

Prerequisite: Level 1 or its equivalent.

**Financial Request: \$120**

Online registration & payment available: <http://opencommunication.org/schedule.html>

Snail mail registration form below

Trainer: **Peggy Smith** is a certified NVC trainer with the Center for Nonviolent Communication. Peggy has been offering NVC in Maine for over a decade. She taught elementary and middle school for 32 years. Peggy brings her extensive teaching skills, humor and presence to her workshops.

Peggy has done international NVC work through Seeds of Peace International Camp, working with educators from the Middle East and South Asia. She continues to develop NVC opportunities in a wide range of venues. Her NVC curriculum, *Courageous Communication*, is available for free on her website.

Peggy is a co-founder of the Maine NVC Network. She is the editor of Phases of the Moon, the monthly educational newsletter of the Maine NVC Network

([www.mainenvcnetwork.org/newsletter-archives.htm](http://www.mainenvcnetwork.org/newsletter-archives.htm))

With a life-long interest in spiritual traditions and fostering compassion, Peggy has been ordained as a Dharma teacher by Zen master and peace activist Thich Nhat Hanh.

From more information: 207-789-5299

[peggy@opencommunication.org](mailto:peggy@opencommunication.org)

Registration Form: Level 2

South Portland, March 17 & 18, 2017

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Previous NVC Experience: \_\_\_\_\_

\_\_\_\_\_ payment enclosed

Make check out to: **Open Communication**

Please mail to: Peggy Smith, 2807 Atlantic Hwy, Lincolnville, ME  
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