



8 Week Compassionate Communication Course Starting Soon!

Brief Description

An 8 week experiential course designed for individuals and couples who want to transform their communication skills to a more compassionate way of speaking. Compassionate communication (also known as nonviolent communication) inspires participants to learn to speak in a way that fosters a deeper connection with themselves and others. Out of that deeper connection, a space is created for both people's needs to be met.

This Course is highly interactive and is directly applicable to relationship challenges encountered in daily life. It includes **interactive group sessions, private coaching, and experiential exercises**. This Course does not require a partner to attend to be effective. The Course is designed so you can apply it to your partner relationship or any other life situations or circumstances where communication is pivotal. People who take the Course have improved relationships in these areas of their life:

- Relationships or Marriages • Parent and Child Interactions
- Friends and Siblings • Business Relationships • Managers and Employees • Interactions With Ourselves • Deepens Spirituality

Course Benefits

When you think about it, there is not a conflict that doesn't have communication as part of the reason or solution for the problem. Realizing this can be a huge wake up call for the need to learn to communicate in a life-serving, honest, yet compassionate way.

This Course will help you:

- ◆ Cultivate more respectful, empowering connections with yourself and others
- ◆ Transform judgment and criticism into understanding and connection
- ◆ Improved sense of emotional and physical intimacy with your partner
- ◆ Listen in a way so others are really heard
- ◆ Get what you want more often without using demands, guilt or shame
- ◆ Hear the needs behind whatever anyone does or says
- ◆ Move beyond power struggles to cooperation and trust
- ◆ Create a quality of connection that embodies unconditional love
- ◆ Improved your confidence in your own assertiveness by using non-confrontational communication that is clear, non-blaming and expressed straight from the heart

Asheville Compassionate Communication Center

150 E.Chestnut St. #1 Asheville, NC 28801 • 828-252-0538 • jerry@ashevilleccc.com • www.ashevilleccc.com

"This course has made a huge difference in my life. I'm much more present with my feelings and needs - and I learned that this is the basis of a beautiful connection with myself and others." —Gayatri Erlandson, Ph.D

"I learned the importance of creating a genuine empathic connection with others by reflecting on their experience in such a way, as to facilitate their discovery of their true feelings and needs." Eve Lorgen, M.A.

Course Content

You'll learn:

- ◆ typical ways we all respond to others that block compassion and connect with how you might do this unconsciously or out of habit.
- ◆ to distinguish between a **pure observation** from an observation loaded with evaluations. This means you can tell people exactly what was upsetting you without making judgments. Judgments tend to cause disconnection and defensiveness and a breakdown in communication.
- ◆ to differentiate between **feelings**, thoughts and interpretations and build your feeling vocabulary so you can connect with what you are feeling and what the other person is feeling.
- ◆ to look deeper and connect with your own **needs** and the other person's **needs**. A need-based connection gives both a greater chance of getting them met in a mutually satisfying way.
- ◆ to **make requests** of the other that are specific, connecting and compassionate.
- ◆ to give empathy to others and learn to hear the real messages under the judgments and evaluations.
- ◆ to deal compassionately with anger: both express your anger compassionately and to hear the needs under your the other's anger.
- ◆ to translate dream-killing language like "I should" or "I have to" into empowering language of choice.
- ◆ to express and hear gratitude: translating positive judgments into clear expressions of gratitude that can fuel the relationship for a lifetime.

Course Structure

- ◆ A group will come together over an 8 week period once a week for 2 hours. In these group sessions, people will get first hand experience learning and using the model before they apply it in their daily life.
- ◆ Each participant will receive a workbook that includes many experiential exercises to do outside the group work. This helps you apply the knowledge and skills to your life.
- ◆ Group members will partner with other class members to practice a minimum 1 hour a week.
- ◆ Three 30 minute private coaching sessions will be scheduled to answer questions, to address your concerns that might be of a private nature. This allows the course to even further fit your own unique challenges.

The Trainer

Jerry Donoghue is a communication coach who helps people learn to speak from their hearts with compassion. Jerry started his communication coaching business in 2003 to help people apply the powerful Compassionate Communication model to their lives. Prior to this, Jerry founded Montage Productions, Inc., in 1986, a successful training and development company. He wrote and designed many highly acclaimed communication training programs. Over 8000 businesses and organizations have benefited from his training programs. Today, besides private coaching, Jerry offers three public experiential Compassionate Communication courses that are helping people to deeply connect with themselves and others. He also offers custom courses to organizations and is retained by MAHEC to offer his course to health professionals and psychologist. He recently wrote a book on how to apply the Compassionate Communication model internally: [Inner Empathy: Gently Revealing Our Disown Core Needs and Holding Them In Compassionate Presence.](#) The first chapter of the book is available on this website: www.ashevilleccc.com

The Cost of The Course

The cost of the course is only \$275. This fee includes:

- ◆ 8 two hour group sessions.
- ◆ 3 private half hour coaching sessions with a professional coach.
- ◆ Custom workbook materials.

Registration (Check www.ashevilleccc.com dates of course)

We are limiting the group to only 12 participants. It will be on first come first serve basis. Don't put it off, reserve your spot now. You can register online by going to: www.ashevilleccc.com/registration.html

Or you can fill out the attached registration form below.

National Endorsements of Nonviolent Communication Work

"Nonviolent Communication can change the world. More importantly, it can change your life. I cannot recommend it highly enough."

—Jack Canfield, author, *Chicken Soup for the Soul Series*

'Nonviolent Communication is one of the most useful processes you will ever learn.'—**William Ury, co-author, *Getting to Yes***

'As far as nonviolence and spiritual activism, Marshall Rosenberg is it! Applying the concepts within these books will guide the reader towards a fostering more compassion in the world.'—**Marianne Williamson, author, *Everyday Grace and honorary chairperson, Peace Alliance***

'Dr. Rosenberg has brought the simplicity of successful communication into the foreground. No matter what issue you're facing, his strategies for communicating with others will set you up to win every time.'

—Anthony Robbins, author, *Awaken the Giant Within and Unlimited Power*

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Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone Day _____

Evening _____

Cell _____

Email _____

Course Date Desired _____

Have you discussed your participation with your therapist (health professional)? Yes No N/A

(We request you discuss participation with health profession if under care, see Terms of Service)

Intention of Payment/Cancellation Policy

I am submitting \$275 with my registration form. The cancellation policy is full refund less any processing charges (paypal fees if applicable), if cancellation is received before the start of the course.

Form of payment

Check or money order (please make the check out to Jerry Donoghue.) Please return this form with your payment to: Jerry Donoghue 150 E. Chestnut St. #1 Asheville, NC 28801

Credit Card payment online via PayPal: www.ashevilleccc.com/paypal.htm

TERMS OF SERVICE

Asheville Compassionate Communication Center (ACCC) offers services in education and training. The teachings, instruction, advice, training, recommendations, counsel and referrals provided through written material, in individual coaching, through the 8 week course sessions and phone communications, are not a cure or remedy for physical or psychological problems. Information, education, instruction and coaching provided

or any relationships that currently exist between clients and their physicians, psychiatrists, or therapists. They are not an alternative to professional medical treatment. ACCC offers no clinical diagnosis of, or medical treatment for, any physical illnesses, mental disorder, or emotional dysfunctionality that an individual may have. Where the practice of Compassionate Communication is suggested in relation to well-being, it is done solely as education, coaching, mentoring and teaching.

Precautions and permissions: If you are under any prescribed medications or have any serious medical or mental problem—such as bipolar, anxiety, or personality disorders, heart disease, hypertension, chemical dependency, chronic pain, terminal illness, or any recent surgical procedures—please consult your treating physician, psychiatrist, counselor, or psychotherapist before applying for the course or scheduling a individual session. If you are at all suicidal or at risk of hurting someone, we would like you to be in therapy with a local therapist who can assess you more completely than ever possible via the telephone, and who has the ability to intervene appropriately to protect you or others. If you are applying for admission into the 8 week course and are presently under regular treatment of therapy (seeing your health professional at least once a month) we would like you to discuss your participation in the course with your primary therapist. We will ask if you have done this during the registration process.

Signature: _____ Date: _____

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