

**8 Week Class**

Dates: Sept 29th; Oct 6, 13, 20, 27; Nov 3, 10, 17

Time: 6:30-8:30

(registration at 6:00)

Fee: \$275

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:

- ◆ Spouse (partner or romantic relationships)
- ◆ Parents
- ◆ Children
- ◆ Friends & Siblings
- ◆ Business Associates and Co-workers
- ◆ Internally With One's Self
- ◆ Spiritual Connections

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

"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 Publisher, Spirit In The Smokies

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 is currently writing a book on how to apply the Compassionate Communication model internally which will be published in 2009. To contact Jerry please call (828) 252-0538, email jerry@ashevilleccc.com or go to www.ashevilleccc.com

8 Week Compassionate Communication Course Tuesday Sept 29th-Nov 17th

Name _____ Credentials _____
Social Security #XXX-XX _____ (last 4 digits req'd) Occupation _____
E-mail Address _____
Home Address _____ City _____ ST _____ Zip _____
Home County _____
Home # _____ Work # _____
Employer _____ Department _____
Employer's Address _____ City _____ ST _____ Zip _____
Work County _____

Brochures go to home email Please remove my name from the MAHEC mailing list.

Registration Fee: (Class size is limited!)

\$275.00 if you register by Sept 22nd

\$290.00 if you register after Sept 22nd

PLEASE PRINT

Charge my: Visa Mastercard Discover Card

Account # _____

Make check payable to MAHEC and send to:

Exp _____

MAHEC Registration, 501 Biltmore Avenue

Name on Card _____

Asheville, NC 28801-4686 or Fax to 828-257-4768

Signature _____

Employer will mail fee (fax registration now!)

Supervisor's Authorization _____

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