



## Cardiff-by-the-Sea NVC-Compassionate Communication Practice Group

Our group was initiated 9 years ago. We are a supportive community of NVC friends. We coach each other in respect to understanding & integrating NVC (compassionate communication) skills into our daily lives.



Our group members use NVC skills in their relationships, families, negotiations, businesses, schools, and community groups. *Please note we are an NVC practice group and the group is not intended for therapy.*



A sampling of our NVC practice sessions:

1. An interactive study of Marshall Rosenberg's book, Lucy Leu's companion manual, DVDs & role plays
2. Exploring our awareness of feelings and needs that manifest desirable & undesired behaviors
3. Requests versus demands and expectations
4. Identifying blocks to empathy (e.g. blaming, shaming, judging, analyzing, educating, interpreting, labeling, projecting, intellectualizing )
5. Practicing compassionate listening and responding
6. Taming our inner critic with self-empathy
7. Developing new strategies to meet needs
8. Listening with giraffe and jackal ears
9. Identifying and expressing the wants, visions, aspirations, values, desires, longings, hopes, dreams and needs within ourselves and others .
10. Understanding our triggers that generate jackal responses and often unsatisfying results.

Member agreements: a strong intention to learn and practice and skills, attend weekly meetings, read "nonviolent communication-a language of life" by Marshall Rosenberg and the "Nonviolent Communication Companion Workbook" by Lucy Leu, before attending our group.

**Date:** Every Monday

**Time:** We Start Promptly at 6:15 pm & End at 8:45 pm. We are not a "drop in" group

**Location:** Cardiff-by-the-Sea home

**Contact:** Charles at (760) 436-8675 or [cpulcrano@yahoo.com](mailto:cpulcrano@yahoo.com) for address and other info.

**Fee:** Participation is free except for minor costs for supplies.