

9 Skills for Navigating Conflict: Accessing NVC When You Need It Most

A Heart to Heart Workshop with River Dunavin

For many of us, conflicts are challenging terrain. In this practice-based training in Nonviolent Communication (NVC), River Dunavin draws a map that can help us navigate our way to more choice and a positive outcome for everyone.



The skills we'll practice include:

- Setting our intention to connect
- Inviting a conversation and showing gratitude
- Expressing ourselves honestly, with care
- Making three different kinds of requests

These concrete directions offer a way to integrate and deepen the practice of NVC at any level, from beginner to advanced. No prior experience necessary.

**Saturday, October 12,
10 a.m. to 1 p.m.
Apartments at St. Thomas
621 Mercer St.
Cherry Hill, NJ 08002**

ABOUT THE FACILITATOR

River Dunavin is a Certified Trainer for the Center of Nonviolent Communication (www.cnvc.org). River embodies methods learned directly from Marshall Rosenberg, Ken Keyes, Jr., Arnold Mindell, Osho, Ram Dass, Roshi Joan Halifax, Rupert Spira and others. With Heart-to-Heart, he facilitates NVC trainings inside state and federal correctional facilities. He provides coaching, mediation services, and NVC trainings in New Jersey, Pennsylvania, Maryland, Texas, New Mexico, and Hawaii.

A contribution of \$40 helps Heart to Heart deliver this transformative education. However, any amount will support this important work.

Please register in advance: bit.ly/H2HOctoberWorkshop2019
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heart to heart

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