

Love It or Fix It: Using NVC to Clean Up the Mess

A Heart-to-Heart Workshop with River Dunavin

Saturday, June 8, 10 a.m. to 1 p.m.
Trinity United Methodist Church
36 W. Maple Ave., Merchantville, New Jersey

“Despite my best intentions, I seem to trigger somebody’s judgment, anger, or disappointment just about every day.”

Sound familiar? The good news is that the skills of Nonviolent Communication (NVC) can help improve all sorts of crap—even stubborn interpersonal messes.

During this three-hour “lab,” we’ll explore:

- How to re-engage with someone after we’ve “made a mess”
- How to maximize healing in the relationship
- How simple and effective it is to use NVC tools



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.

This workshop is open to everyone regardless of prior experience. A contribution of \$40 helps Heart-to-Heart deliver this transformative education. However, any amount will support this important work.

Please register in advance: <http://bit.ly/H2HJuneWorkshop>
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