

Language of the Heart

The Art of Compassionate Communication

Compassionate Communication, also known as Nonviolent Communication, begins by assuming that we are all compassionate by nature and that our unintended and often violent strategies (i.e., blame, shame, and criticism) - whether verbal or physical - are learned behaviors taught and supported by our prevailing culture. NVC also assumes that we all share the same, basic human needs, and that each of our actions are a strategy to meet one or more of these needs.

People who practice the principles of compassionate communication have found greater authenticity in their communication, increased understanding, deepened connection and peaceful conflict resolution.

These workshops will give you simple communication skills that will transform how you communicate - helping you foster healthy, joyful and satisfying relationships at home, work and in your communities.

These workshops will provide you with practical tools to:

- ✓ Listen so others are really heard
- ✓ Transform internal conflicts and judgments of yourself and others
- ✓ Get what you want without using demands, guilt or shame
- ✓ Hear the needs behind what anyone does or says

Deepen your emotional connection, join Bill & Jennifer for these transformational classes and gain skills using these practical tools you can apply right away to your personal and professional life.

Facilitators



Bill Stierle is a communication specialist who has been working with individuals, groups and businesses for over 25 years. During these workshops Bill combines two powerful techniques, The Herrmann Brain Dominance Instruments HBDI, a process that helps people understand the power of thinking styles in personality, leverage personal strengths, and reduce struggle within relationships, and NVC, a process that offers simple, yet effective communication tools that deepens connection and restores workability within relationships.



Jennifer Phillips has a special interest in working with individuals, couples and groups as well as a passion for teaching NVC to women and parents. A life long learner herself, Jennifer has studied privately with Bill Stierle as his protege for 3 years and completed several NVC courses as well as ITT (International Intensive Training) with Certified NVC Trainers. In addition to leading these classes, Jennifer also works privately with individuals and groups.



Tuesdays

(every other week)

June 2nd

June 16th

June 30th

July 14th

Time

10:30am - 12pm

Donation

\$15 - \$25

Location

Private Home in Santa Monica
(address given upon registration)

Register

BillStierle.com/heart.html

Information

contact

Jennifer (951) 970-3699