

# SOUL AT HOME

A MARKETPLACE FOR LIVING

## CONNECT WITH RESPECT AN INTRODUCTION TO NONVIOLENT COMMUNICATION

SUNDAY - SEPTEMBER 14TH - 3:00 P.M. - 5:00 P.M.

PRESENTED BY TERRY LEPAGE

FREE ADMISSION - CALL FOR RESERVATIONS

**IMAGINE** connecting with the human spirit, in each person, in any situation

**IMAGINE** interacting with others in a way that allows everyone's needs to be equally valued

**IMAGINE** creating life-serving systems responsive to our needs and the needs of our world

**NONVIOLENT COMMUNICATION** helps connect us with what is alive in ourselves and in others moment-to-moment, with what we or others could do to make life more wonderful, and with an awareness of what gets in the way of natural giving and receiving.

**NONVIOLENT COMMUNICATION** language strengthens our ability to inspire compassion from others and respond compassionately to others and ourselves. NVC guides us to reframe how we express ourselves, how we hear others and resolve conflicts by focusing our consciousness on what we are observing, feeling, needing, and requesting.

**NONVIOLENT COMMUNICATION:** It awakens empathy and honesty, and is sometimes described as "the language of the heart."

**NONVIOLENT COMMUNICATION** is a simple and practical tool for speaking and listening from the heart. Using real-world situations, we will translate life-alienating communication into words that create compassion and understanding. Nonviolent Communication helps people enjoy contributing to each others' well-being, and can transform conflict. It can be used in any relationship; common applications include work relationships, intimate relationships, families, and conflict situations. Nonviolent Communication requires practice; we will follow with a 6-week learn and practice group if people are interested.



**TERRY LEPAGE** has extensive experience with speaking, training, coaching and curriculum development in corporate, university, and church settings. She discovered Nonviolent Communication in 2006 and has been studying and practicing it nonstop. She has studied with a variety of trainers certified by the international Center for Nonviolent Communication at an International Intensive Training and in other settings. In 2008 she was certified as a Teacher of Nonviolent Education and Parenting by the Center for Nonviolent Education and Parenting.

Previously she earned a Ph.D. in Chemistry from Columbia University and worked as a research chemist and team leader at 3M, and at the University of California at Irvine as the Molecular Modeling Facility Director. Terry had a career change in 1999 and obtained a Masters of Divinity from Claremont School of Theology. She is an ordained minister in the United Church of Christ, an open-minded, justice-seeking Christian denomination.