

Learn to Communicate with Skill and Respect

*An introduction to Nonviolent
(Compassionate) Communication™
offered by Cat J. Zavis*

*Two Tuesday evenings (2 -parts):
February 9th & 16th
6:00 - 9:00pm
100 E. Maple (at Cornwall, downtown Bellingham)*

Skills attained in this workshop:

- ♥ Listen to our selves to understand our own needs behind our behavior
- ♥ Listen to others to hear their needs
- ♥ Transform power struggles and conflicts into opportunities for building connection and trust
- ♥ Arrive at solutions that include everyone's needs

"What I enjoyed most about this workshop is how it has already helped my wife and I, even in one session."

"It was all greater than I ever could have imagined or expected. Not a moment wasted."

"Your compassionate listening and empathic way of sharing information were PHENOMENAL! You should write a book: "Beyond Tact: Peacemaking Under Duress!" Really, really nice job."

Nonviolent Communication (NVC), founded by Marshall Rosenberg, Ph.D., has been used around the world to mediate conflicts, nurture relationships and promote peace. For further information on NVC, see www.cnvc.org

Cat J. Zavis, J.D.
"Helping People Communicate, Collaborate and Resolve Conflicts"
Cat is an attorney, mediator, and educator. She has taught Nonviolent Communication to lawyers, parents, teachers, kids, and individuals wanting to improve their communication skills. In addition to teaching NVC, she offers private sessions, conducts mediations and represents individuals in Collaborative Divorce.

Pre-registration Required:
**Call Cat Zavis, 360-820-9955,
cat@catjzavis.com,
www.catjzavis.com**
Requested Contribution: \$100.00
- \$75.00, 4th corner Life Dollars
accepted and other arrangements
can be made based on individuals'
needs and requests; please ask).