

COMPASSIONATE COMMUNICATION

Upcoming Workshops in Madison, WI

Introduction Workshops

Introduction Workshops are for those with zero to 20 hours of previous training. They provide an introduction to the basic components of Marshall Rosenberg's Nonviolent Communication and experiential practice.

Foundations Workshops

In Foundations Workshops, those with previous training will enjoy fresh opportunities to refine their skills & deepen their experience. Also open to those with no prior training.

Multiple dates

offered for your convenience!

Please note, each date is a separate event, not a series.

December 18 – Introduction	January 8 - Foundations
January 22 – Introduction	February 5 - Foundations
February 26 – Introduction	March 5 - Foundations

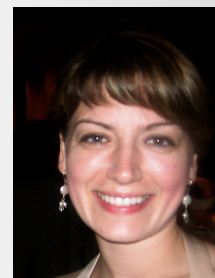
About the trainer, Timyra Cowling:

"Timyra has a patient, non-judgmental and inclusive approach that seeks to welcome and hear out all participants."

-John Meredith, Practice Group Participant

"As someone who has had some form of 'communication training' in the past, I was surprised at the revelations that Timyra's teachings gave me. I find myself framing the world differently...When Timyra totes NVC's ability to 'transform your consciousness,' she isn't kidding. Of course, anyone can talk about NVC, but I think Timyra's personality and her life choices have led her on a path."

-Leah Hart, Workshop Participant



Timyra Cowling is UW-Madison Alum whose path has taken her from full time youth ministry to sitting at the bedsides of the elderly, and from intensive silent meditation retreats to service in Calcutta, India. Her sharing of NVC integrates spiritual depth with practical techniques.

Time:	Each workshop runs 10am-4:30pm on a Saturday. Please note that each workshop is a separate event. Dates listed are not a series.
Cost:	A \$40-\$120 per workshop sliding scale is offered. Please choose the highest level that is joyful for you. No one turned away for lack of funds; work exchange available. Students may attend for free.
Location:	The Crossing Building: 1127 University Ave., Madison, WI, 53715 (Corner of University Ave. & Charter St.) Free parking is available.
Registration:	Registration Required! For more information or to register, email timyra@gmail.com .

Curriculum is based on the award winning work of Marshall Rosenberg and the Center for Nonviolent Communication (NVC).

For more information, see www.cnvc.org.