

# CREATING CONNECTION:

## AUTHENTIC LISTENING & SPEAKING

Participants will learn the basics of Nonviolent Compassionate Communication (NVC) an internationally known model of communication developed by Marshall B. Rosenberg, Ph.D.

The NVC model promotes the exchange of information between people in a way that inspires a certain 'quality of connection' that helps resolve differences. It is a model of authenticity (speaking with compassionate honesty) and also one of empathy (listening to oneself and to others). The NVC model shows us how unmet needs/values are at the core of every conflict. When we understand and acknowledge our own needs and the needs of others, we have an opportunity to lead in creating deeper connections and developing more satisfying relationships.

This interactive workshop is designed to present practical and constructive approaches for dealing with conflict and stressful relationships through authentic communication. HOW can we creatively "mine" and use our conflicts/misunderstandings for opportunities to connect? HOW can we come to mutually respectful solutions instead of allowing 'conflict-disconnection' to use us, leaving us in anger, resentment and distrust?

**Wednesday, October 04, 2023**  
**4:30 - 8:30 PM**  
**Holiday Inn Great Lakes Ballroom**  
**Duluth, MN**

Brought to you by Junior League of Duluth,  
First Witness Child Advocacy Center, and  
Duluth Thrives

**Cost: \$25**  
scholarships available

To register, visit:  
[www.juniorleagueduluth.org](http://www.juniorleagueduluth.org)  
To request a scholarship or  
questions, email:  
[office@juniorleagueduluth.org](mailto:office@juniorleagueduluth.org) or  
call (218) 727.0341 and leave a  
message.



**Workshop Presenter:**  
**Ann Harrington, M.A.**

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Compassionate Communication Training  
([annwharrington.com](http://annwharrington.com))



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