



# CREATING CONNECTION:

## AUTHENTIC LISTENING & SPEAKING

*"Anything anyone says or does is an attempt to fulfill their unmet needs."*

Dr. Marshall B. Rosenberg

Increase your ability to be calm and compassionate in today's world. When communication breaks down, the escalating stress of difficult conflicts can drain our energy and damage our relationships.

**Nonviolent Compassionate Communication** (aka NVC), developed by Marshall B. Rosenberg, PhD, helps us resolve our differences so that everyone's needs matter and workable solutions emerge.

**This Introductory NVC Workshop is designed for people who want to:**

- Remain calm, confident, compassionate in conflict situations
- Learn conflict resolution skills for workplace, parenting, family dynamics, etc.
- Break patterns of thinking that lead to rumination, burnout, and depression
- Honor personal, family, and community values—in life-affirming ways
- Build **authentic relationships** based on compassion and mutual respect

**Wednesday**  
**October 09, 2024**  
 4:30 - 8:30 PM  
 Great Lakes Ballroom,  
 Holiday Center  
 Downtown Duluth  
 Free parking in the ramp!



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

Ann Harrington Training & Consulting |  
Compassionate Communication Training  
([annwharrington.com](http://annwharrington.com))

“*This class has helped me to understand needs and feelings that free me from ingrained trauma responses.*”  
 Quote from an attendee

**Cost: \$25**

Includes all materials and a light supper

**To Register Visit:**

[www.juniorleagueduluth.org](http://www.juniorleagueduluth.org)

Scholarships available. To apply, email:

[DuluthThrives@gmail.com](mailto:DuluthThrives@gmail.com)

Brought to you by Junior League of Duluth, First Witness Child Advocacy Center, St. Louis County Family Services Collaborative and Duluth Thrives.

