

# INTRODUCTION TO NONVIOLENT COMMUNICATION (NVC)

THURSDAY OCTOBER 26<sup>TH</sup>, 6:00-8:30 PM

ANCHORAGE WALDORF SCHOOL, 3250 BAXTER ROAD



Join the Anchorage Unitarian Universalist Fellowship for an Introduction to Nonviolent Communication (NVC), or Compassionate Communication, to learn about ways we can deepen our self-awareness and authenticity, our connection and communication with others, and our contribution to a thriving world! During this session we will explore some of the basics of Nonviolent Communication, look at how this applies to our daily lives, and discuss ways that people can continue their learning.

Through one-on-one and group practice you'll gain an introduction to the basics of this powerful approach to conscious living!

**Recommended donation: \$10-30. To register or for more information, email Becca Bernard at [rbernard.ak@gmail.com](mailto:rbernard.ak@gmail.com).**



## FACILITATOR: KARL STEYAERT

Karl is passionate about co-creating learning experiences and communities that contribute to peace, justice, and sustainability. As a Certified Trainer and Assessor for the Center for Nonviolent Communication (CNVC) Karl has led trainings in conflict resolution and communication across North America, Europe, and Asia, for over 15 years.

To learn more about Karl's work, please visit [www.culturalcatalystnetwork.org](http://www.culturalcatalystnetwork.org).