

Authenticity, Autonomy, Boundary Cultivating Confidence And Security By Acknowledging And Honoring Yourself

Jefferson Unitarian Church; 14350 West 32nd Avenue; Golden, CO 80401
(about one mile West of I-70 & 32nd)

Five Thursdays 6:30-9:00 p.m. April 3rd Through May 1st

Tuition: \$249.00

**Kinesthetic
NVC.**

**Dance
Floors.**

**Boundries:
authentically and
compassionately
saying "no".**

**Respect:
valuing yourself
and others**

**Empathy and
self-empathy.**

**Compassionate
Consciousness.**

**Listening to our
true essence.**

Autonomy.

Authenticity.

**The art of
awareness and where we
place attention.**

**Requests:
where NVC meets reality.**

**Finding ways to meet
everyone's needs**

Delve Deeper

- ◆ Have you ever compromised yourself in an effort to fit in?
- ◆ Have you ever tried to change yourself so someone would like you more?
 - ◆ Have you ever ignored your own needs to avoid potential conflict?
- ◆ Have you ever ignored anothers' needs because your's seemed more urgent?

Facilitators:

Ken Rosevear, Jean Bell, David Steele

Information and Registration

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<http://rmccn.org/authenticity-autonomy-boundary-golden>