

Self-Connection, Security, Mindful Compassion, Worthiness.

Bringing Peace, Authenticity, Fulfillment, And Empowerment To Your Relationships By Being True To Who You Are An Intermediate Level NVC Class

**Jefferson Unitarian Church; 14350 West 32nd Avenue; Golden, CO 80401
Five Thursdays 6:30-9:00 p.m. October 18th Through November 15th
Tuition: \$249.00**

**Kinesthetic
NVC.**

**Dance
Floors.**

Turning Lack
Into Fullness:
The Beauty Of
The Need

Respect:
Valuing Yourself
And Others

Empathy And
Self-empathy.

Compassionate
Mindfulness.

Listening To Our
True Essence.

Presence.

Worthiness.

The Power Of
Story And
Witnessing

**The Power
Of Authenticity**

**Befriending Feelings And Discovering
The Living Energy Of Needs.**

Delve Deeper

- ◆ Go beyond the Compassionate Communication fundamentals.
- ◆ Practice applying Compassionate principles in a variety of situations.
- ◆ Discover new and diverse ways to heighten Compassionate awareness.

Facilitators:

Ken Rosevear, David Steele, Michelle Johnson

Information and Registration

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<http://www.intransformationaltimes.com/reg/bb-10-18.htm>