

Connecting With The Enduring Self: Trust, Mindfulness, Authenticity

Exploring How Mindful Connection To Needs Teaches Us To Trust Our Authentic Self

An Intermediate NVC Training

Jefferson Unitarian Church; 14350 West 32nd Avenue; Golden, CO 80401

Five Thursdays 6:30-9:00 p.m. October 16th Through November 13th

Tuition: \$249.00 (Scholarships Available)

**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
Trust And
Acceptance

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, Susan Jennings

Information and Registration

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<http://www.intransformationaltimes.com/reg/bb-10-19.htm>