

Mindful Communication: What We Say Matters

A Parent Education Evening Based on the Principles and Practices of Nonviolent Communication (NVC)
For Parents of Children Aged 0-6. Presented by Jean Morrison

Monday, February 5, 2018. 6:00 – 7:30 PM

Los Gatos Library, 100 Villa Ave, Los Gatos

Nonviolent Communication (NVC) helps us focus on the mindful skills of expressing and listening to support parents in providing emotionally healthy and harmonious homes. We can become aware of old 'unworkable' patterns and have more understanding and empathy for ourselves and others.

- Identify the fundamental needs, values & hopes (the motivation) of ourselves and family members in any circumstance
- Cultivate skills in understanding & empathy
- Know the difference between "requests" & "demands" so that awareness brings new choices that take all needs into consideration
- Identify any confusion between 'cooperation' & 'coercion'
- Live together with respect, understanding, & harmony!



Jean Morrison is a certified trainer with the international Center for Nonviolent Communication, "A Language of Life" (cnvc.org) since 1989; and a co-founder of Nonviolent Communication Santa Cruz (NVCsantacruz.org) which offers community trainings, mediations, retreats, and classes. Her communication materials, books, and games can be found on GROKtheWorld.com. Jean offers trainings and workshops for educators, parents, working teams, and organizations.