

Chippewa Valley Network of Spiritual Progressives

January Meeting Notice: Jan. 23 at 7pm at St. Bede's Priory

(South of Eau Claire off Highway F on Priory Rd.) Interested New Members: 6:30 pm

Guest Speaker: Certified Trainer John Kravel, St. Paul, MN

Would you like to:

Create extraordinary relationships?

Resolve conflicts without compromising your needs?

Reduce family conflicts, including improving cooperation and trust?

Free yourself of destructive negative thinking?

Improve family, workplace and friend relationships?

Then join us for an overview of: NON-VIOLENT COMMUNICATION!

What the heck is Non-Violent Communication? (NVC)

NVC has taken up where Gandhi, King, and other past visionary leaders for peace left off. Begun by Marshall Rosenberg, PhD, it has become one of the foremost "cutting edge communication methods" for world peace. NVC is the cornerstone of what global leaders, educators, and beyond are identifying as the missing link to the solution we all seek. Viewed through NVC eyes, all anger and violence -- both in the world at large and in our own personal lives -- is a counter-productive attempt by people to meet their needs.

NVC is a powerful process for inspiring compassionate connection and action that helps prevent and resolve conflicts at personal, professional, and political levels. NVC teaches us to fully and honestly express ourselves without any blame or criticism and to connect with empathy to others, without hearing blame or criticism, even when others express themselves in anger or fear.

NVC has trained people in and/or initiated peace programs in a number of war-torn areas including Rwanda, Burundi, Nigeria, Malaysia, Indonesia, Sri Lanka, Sierra Leone, the Middle East, Colombia, Serbia, Croatia, and Northern Ireland. In the former Yugoslavia, a CNVC team has trained hundreds of teachers who have reached tens of thousands of students from kindergarten through high school. NVC has been officially recognized by the government of Israel and is offered in many schools in that country.

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marshall rosenberg*

Rosenberg has become so popular that he has trained only a handful of key people to teach his NVC program throughout the U.S. We are lucky to have John Kravel, a certified NVC trainer from MN join us. Come learn about an extraordinary way to improve your life. It might be the best hour you've ever spent!

For more info: www.idd-ec.com/nspmain.htm

The Network of Spiritual Progressives is open to any person of any faith that would like to positively transform the world through education, respect and local action. We are a national organization not affiliated with any church.