



Start with Your Heart

(To make the World a better place)

Foundations of Compassionate Communication *Flagstaff, Arizona: Six Mondays, 6:30 to 8:30* *From April 18 to May 23*

Compassionate (or Nonviolent) Communication is a communication model practiced by thousands of people around the world that allows them to communicate more effectively and create a more peaceful world!



Led by **David McCain**

He has used the Compassionate Communication model as a guide since 2000. After applying the model transformed his "rocky" relationship with his father, he began sharing the model with others in 2002. Now, after moving to Flagstaff to join his wife, he is excited to bring the practical wisdom of Compassionate Communication to help Flagstaff residents enjoy greater well-being in their lives.

What will people take away from this training?

- Enhanced ability to deal with negative self-talk
- Increased confidence expressing and hearing challenging messages
- Skills to resolve long-standing conflicts and heal painful relationships
- Relationships with a group of Flagstaff learners

Who will benefit from this training?

- Spouses, girlfriends and boyfriends
- People who have challenging relationships at work
- Parents and caregivers
- Teachers, counselors, nurses and others in helping relationships

Cost: \$180 (Standard Rate), \$320 (Register with a friend)

Location: Willow Bend Environmental Education Center, 703 E Sawmill Rd, Flagstaff, AZ 86001.

Registration: Visit www.communicatingwithheart.com to pay via Paypal or contact the trainer at davewithheart@gmail.com or 619-218-7554 to pay with cash or check.