

Introduction into Compassionate Communication

February 11, 2017, 6:00 pm to 8:00 pm - Free Introduction

February 12, 9:00 am to 4:00 pm - Intro. to Compassionate Communication



Maggie ~ The Garden's at Mile High Ranch, Bisbee AZ 85606

Compassionate Communication connects us with our heart's yearnings through listening deeply and speaking our truth with care. It strengthens our self empowerment and self responsibility while inspiring authentic mutual connection and understanding.

February 11, 2017, 6:00 pm to 8:00 pm - Free Introduction

- Experience the heart opening quality of empathic connection
- Learn the 10 barriers to effective listening
- Improve the quality of connection with self and others
- Deepen in empathic presence

February 12, 9:00 am to 4:00 pm - Intro. into Compassionate Communication

This all day interactive class teaches a powerful process that helps you

- Speak your deepest truth with care
- Listen with an empathic presence
- Inspire authentic compassionate connection, mutual care and collaboration
- Find creative solutions that work for everyone
- Move from judging, blaming, and shaming others to seeing our shared humanity
- Deepen your inner peace

After the all day class, participants will

- Navigate conflict with more ease
- Learn a powerful technique to increase your capacity to respond with choice instead of habitual reacting
- Have effective transformational tools to use at home and work

Join us for Interactive learning with small group activities in a supportive and safe environment

Do you have a dilemma in your life?

Does one part of you want one thing and another part want something else?

Sometimes we find ourselves in a dilemma and certain parts of us want different things. Each part wants to be heard and held with care. When you fully listen and acknowledge each aspect of yourself, an organic transformation and integration emerges.

- Listen deeply to your heart
- Transform separation into integration
- Shift confusion into clarity and understanding

Participants will

- Learn effective techniques that will assist you throughout your life
- Cultivate deeper self-connection and insight
- Deepen in inner peace

Kayse Williams is an intuitive catalyst for compassionate change, inspiration and empowerment. Her offerings are based on compassionate presence and a lifetime of diligently devoting herself to extensive training, personal growth and spiritual awareness. Kayse embodies a fun, zesty, loving and life-affirming attitude and is as playful as she is deep. Some of her qualifications include

- Has studied and taught Nonviolent Communication for 9 years
- Candidate for Nonviolent Communication Certification
- Graduate of a one year Bay NVC Leadership Program
- Graduate of Francois Beausoleil's Empathic Livelihood Program

RSVP and pay by February 1, 2017

To register, please go to <http://sacred-alchemy.com>

If you plan on attending Sunday, please come on Saturday night.

Host: Maggie ~ The Gardens at Mile High Ranch ~ 520-432-3866

Facilitator: Kayse Williams

If you have any questions about the class, contact Kayse at 501-767-8642 or email sunfun336@gmail.com

Sliding Scale on Sunday - \$40 to \$70 ~ Please bring your lunch on Sunday

Compassionate-Connection.com

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