



Beginning the Journey of Courageous Communication

*Integrating Nonviolent Communication
and Interpersonal Neurobiology*

May 17 and 18, 2018 8:30 a.m.–4:30 p.m.
UMaine Hutchinson Center
80 Belmont Ave. Belfast, Maine

As a participant you will:

- explore a way of thinking, acting and speaking that builds connection
- have direct experience of empathic listening and problem-solving
- learn ways to bring your innate empathic capacities to the experiences of daily life with fun and connection
- learn and practice the components of life-serving thinking and communicating as developed through NonViolent Communicationsm
- leave this workshop with practical concepts and skills you can put to use immediately

Register at hutchinsoncenter.umaine.edu/professional-development-programs



Program presenter Peggy Smith holds a M.A. from the University of Pennsylvania and is a certified trainer with the International Center for Nonviolent Communication with over four decades of teaching experience. Smith is a co-founder of the Maine NVC Network and is at the forefront of bringing empathic thinking and communicating to the midcoast Maine region.

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