Register Online: hutchinsoncenter.umaine.edu/professional-development

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 communication to the midcoast Maine region.

As a participant you will:
- Explore ways of thinking, acting and speaking that build communication
- Have direct experiences of empathic listening and problem-solving
- Learn ways to bring your innate empathic capabilities into everyday life
- Learn and practice the components of life-serving thinking and communication
- Explore the components of life-serving listening and problem-solving
- Participate in practical exercises and problem-solving scenarios

Beginning the Journey of Courageous Communication

Integrating Nonviolent Communication and Interpersonal Neurobiology

Cost: $150 Need-based scholarships are available. Earn: 1.4 CEUs / 14 contact hours

For more information or to request a scholarship application contact Diana McSorley, diana.mcsorley@maine.edu, 207-338-8093.