

Beginning the Journey of Courageous Communication

*Integrating Nonviolent Communication and
Interpersonal Neurobiology*



Hutchinson Center
80 Belmont Ave.
Belfast, ME 04915

As a participant you will:

- explore ways of thinking, acting and speaking that builds communication
- have direct experiences of empathic listening and problem-solving
- learn ways to bring your innate empathic capacities to experiences of everyday life
- learn and practice the components of life-serving thinking and communicating as developed through Nonviolent Communication
- leave the workshop with practical concepts and skills you can put to use immediately



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.



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

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, 338.8093



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May 17 and 18, 2018 8:30 a.m.–4:30 p.m.

UMaine Hutchinson Center

80 Belmont Avenue • Belfast, Maine