

Getting Your Needs Met In Relationships

Led by Martha Young, JD, MBA

Saturday, October 28, 2006 9:00am - 4:30 pm, 3708 Ingomar St. N.W., Washington, DC

We learn about ourselves through our relationships with others. Sometimes we may seem to lose ourselves when we get in relationship with others. This workshop can help you to stay centered in your heart while expressing yourself fully.

The workshop will focus on the **basics of Nonviolent Communication (NVC)** for those new to the practice or those wanting to deepen their skills.

You will practice skills that will increase your ability to:

- Speak to others in a way that they are more likely to be able to hear you.
- Ask more clearly for what you need so that others are more likely to be able to meet your needs.
- Speak to yourself in a compassionate manner
- Listen to even hard to hear communications from others while being connected to your heart.

Getting Your Needs Met in Relationships is based on the principles of Nonviolent Communication™ (NVC). For more information, visit www.cnvc.org or see www.nonviolentcommunication.com. **No previous knowledge or training in Nonviolent Communication is required to take this course.**

Workshop Time: Saturday, October 28, 2006 9:00 am- 4:30 pm.

Location: Anne Collier's home, 3708 Ingomar, Washington, DC. Ingomar St. is located off of Connecticut Avenue between Military Road and Nebraska Ave. The Friendship Heights metro is approximately an 8 minute walk (take the Jennifer Street exit, cross Wisconsin and walk east on Jennifer street toward Connecticut, make a right on 38th Street, walk one block, a left on Ingomar, 3708 is at the end of the block on the right. Do not cross Connecticut Ave.). The Van Ness metro is a 15 minute walk (take the Southbound exit, walk North on Connecticut, cross Nebraska Ave, make a left on Ingomar St (about four blocks past Nebraska) and you are there). There is free and available parking on Ingomar St.

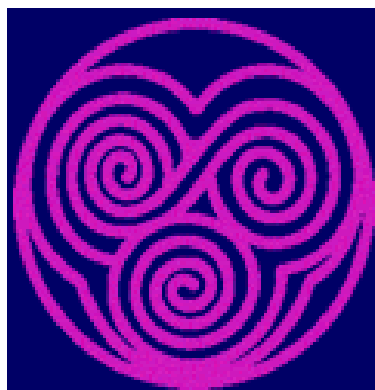
Cost: \$125 before October 20, \$135 after, and at the door. The price includes a copy of "Nonviolent Communication- A Language of Life". Water and light snacks will be served. There will be a lunch break and you can bring your lunch or walk to nearby grocery stores and restaurants.

(Workshop is limited to 20 participants, early registration is requested).

***** Space is limited, so please register by October 20th**

REGISTER NOW by calling Anne Collier at (202) 744-2015 or mailing a check made out to Anne Collier to the following address: Anne Collier, 3708 Ingomar, Washington, DC 20015

Questions: Martha Young... 202-558-0328 or martha@compassionatechange.com



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Martha Young is a workshop leader, coach and consultant. She has completed more than 25 days of training in Nonviolent CommunicationSM and has been coaching and leading workshops based on Nonviolent Communication since 2002. She has been teaching these skills to many types of people and groups including- internal medicine doctors, family lawyers, parents, couples going through divorce, and teachers.

Martha holds a Bachelor's degree in Russian and East European Studies from the University of Michigan. She has a Masters of Business Administration Degree from the University of Michigan Business School and a Juris Doctor from the University of Michigan Law School.

She has been married for 11 years and has a 21 month old daughter. Her family and friends provide ample opportunity to improve her listening skills and become more compassionate.

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