



*Compassionate Change presents*

# *Getting Your Needs Met In Relationships*

**Led by Martha Young, JD, MBA**

**October 20-21, 2006 • Royal Oak, MI**

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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. I can help you to clarify your needs and listen for the needs of others. When you get in touch with your needs, and try to understand the needs of your partner, you get closer to resolving long standing issues. You can learn to transform anger by expressing it through a language of feelings and needs. This workshop is for anyone who would like to improve their relationships with life partners, family or friends.

The Friday night workshop will focus on the **basics of Nonviolent Communication (NVC)** for those new to the practice. The Saturday workshop will help you take your relationship skills to a new level by creating greater connection with others.

**During the workshop, 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.
- Listen to even hard to hear communications from others while being connected to your heart.
- See the beauty inside your anger and transform anger into life-serving speech and action.

Getting Your Needs Met in Relationships is based on the principles of Nonviolent Communication<sup>SM</sup> (NVC). For more information, visit [www.cnvc.org](http://www.cnvc.org) or see [www.nonviolentcommunication.com](http://www.nonviolentcommunication.com).

**Workshop Times:**

**Friday, October 20, 6:30 - 9:30 pm** AND

**Saturday, October 21, 9:00 am- 4:30 pm.**

**Location: Washington Square Building, 306 S. Washington, Royal Oak, MI, 2nd floor, Suite 220**

**Prerequisites** Friday-none/Saturday, 3 hours of NVC training (Friday session counts)

**Cost** Friday- \$49 until October 6th, after October 6th \$59  
Saturday - \$125 until October 6th, after October 6th, \$135 which includes a copy of

“Nonviolent Communication- A Language of Life”. (Workshop is limited to 30 participants, so early registration is requested).

**Registration:** Email Martha Young, [martha@compassionatechange.com](mailto:martha@compassionatechange.com) or call 313-642-0762 to register.

**Questions:** Call Martha Young... 313-642-0762 or email [Martha@compassionatechange.com](mailto:Martha@compassionatechange.com)

**\*\*\* Space is limited, register before October 6 to receive the discount\*\*\***