



Mindfulness + Kindness +
Compassionate Communication =

Kindful Communication

20 March 2015
Salisbury Centre
Edinburgh
10 am - 4:30 pm
£75/(£65 til 15 Feb)

Kindful Communication can help you increase awareness & compassion in everyday speech with yourself & others, better understand your own patterns, and build resilience to challenging situations.

In this 1-day workshop, we'll explore

- * key elements of Compassionate Communication (based on NVC*)
- * Buddhist teachings on Right Speech and loving-kindness
- * mindfulness practices to help illuminate your own patterns
- * choices available to us in our everyday speech

Coffee, tea, and biscuits provided. Bring lunch, or there are places nearby for lunch. Open to all, though best suited to those with at least 1 year's experience with Mindfulness, Buddhism, or Compassionate Communication / NVC. This workshop will be of interest if you'd like to improve personal and/or professional relationships.

Booking: Book online at compassion.org.uk/register.html or send your contact details and a deposit of £25 (cheques payable to Compassion 'n Action) to Compassion 'n Action, 11 St Leonards Dr, Forres, IV36 1GD. If cost would prevent your attending, please contact rose@compassion.org.uk.



Facilitator: Claralynn Nunamaker is an experienced leader of Compassionate Communication trainings, having worked with a range of public and private organisations, faith groups, parenting groups, and presented at a number of festivals & conferences.

Claralynn also offers coaching in Compassionate Communication and Kindful Communication via telephone and Skype.

For more info, please visit www.compassion.org.uk.

* NVC, or Nonviolent Communication, as developed by Marshall Rosenberg and CNVC.