



Mindfulness + Kindness +
Compassionate Communication =

Kindful Communication

21 March 2015
Synergy Yoga Centre
Glenrothes KY6 2SF
10 am - 4:30 pm
£50/(£45 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

You can purchase lunch **if booked in advance** (£5.50) and snacks (variable cost) on site. 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.