

# Awakening Compassion

[www.awakeningcompassion.com](http://www.awakeningcompassion.com)



Connection ♥ Healing ♥ Learning

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and  
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## Compassionate Communication

Training, coaching, mediation and empathic listening

### **You can connect with the people in your life**

Are you frustrated and discouraged with the quality of connection and understanding in your relationships? Do you live in resignation, not knowing how to be heard or how to clearly understand others? Do you avoid talking intimately because you expect to end up fighting? Do you fight because it's the only way you can connect? Have you given up on getting your needs met?

We would love to help you to reconnect heart-to-heart with your partner, family members and friends, getting your true feelings and needs expressed clearly and heard deeply, and helping you learn to get all needs met joyfully and without compromise.

We are *Awakening Compassion*. We use the principles and method of Compassionate Communication (also known as Nonviolent Communication, or NVC), which is a simple and profound shift in habits of thinking, speaking, and listening. We will teach you to connect on the level of universal needs and to speak with clarity and heart. This work awakens your natural compassion and supports making life wonderful through joyful giving. NVC retrains you away from culturally ingrained habits of blame, criticism and judgment, to tune into your feelings as clues to what you are needing in the moment, and to make clear requests in a way that will inspire others to want to give to you.

NVC is used to reawaken compassion in couples, families, work settings, and in oneself. It is also used to restore compassionate connection in situations of ongoing physical violence, including prisons, inner cities, the Middle East, Africa, and Northern Ireland.

### **About us**

We live and breathe NVC as an integral part of our lives and partnership. Conal has been studying and practicing NVC intensively since April 2003, and Holly since January 2004. Together we attended a nine-day International Intensive Training with NVC's founder, Dr. Marshall Rosenberg, and special trainings in NVC-based mediation. We coach individuals and couples, mediate conflict, teach groups and lead practice groups.

*Our practice is based on the work of Marshall B. Rosenberg, Ph.D.*

**“When we understand the needs that motivate our own and other's behavior, we have no enemies.”**

*~Marshall Rosenberg, Ph.D.*

For more information, contact Holly and Conal  
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♥ First session free ♥