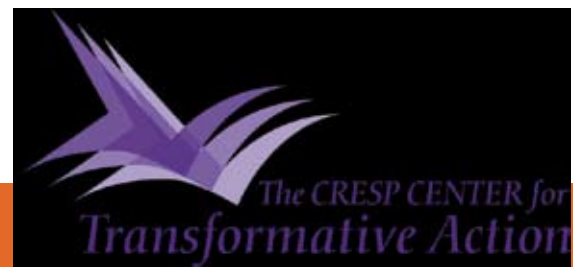


April 5th, 2008

The ABCs of Empowering Communication:

a transformational workshop, based on Nonviolent Communication.



INTRODUCTION TO NONVIOLENT COMMUNICATION

Facilitator: François Beausoleil

April 5th, 2008 (Saturday) 10 am - 5:00 pm

Location: The Foundation of Light

391 Turkey Hill Road (just off Ellis Hollow Road)

Ithaca, NY 14850

For directions:

<http://www.foundation-of-light.org/findus.html>

In this interactive workshop you will learn the basics of Nonviolent Communication (NVC), a powerful method used around the world to resolve conflicts and to develop inner peace. Through a deepened understanding of the needs and longings of your own heart you will learn to listen to others more openly. The NVC process is designed to create a quality of connection among people in which everyone's needs are equally valued. It offers a way to heal and transform your relationships - with yourself, your family, your co-workers, your neighbors, or anyone else with whom you value a connection.

ABOUT THE FACILITATOR

Francois Beausoleil lives in the Province of Quebec. As a percussionist, he performed with Cirque du Soleil for 5 years. He has been teaching Nonviolent Communication in communities since 2004. A graduate of the NVC Leadership Program offered by the Bay Area Nonviolent Communication (BayNVC) organization as well as having an M.B.A, he now works for BayNVC as a trainer and consultant. Currently he is also directing a year-long training program for a social service agency in California. Francois brings to his work a unique blend of creative energy and love of precision that is both inspiring and fun.

TESTIMONIALS

For testimonials related to François' workshops, see: <http://bnc.quasart.ca/index.php?page=testimonials>

Requested Contribution: Sliding scale \$50-\$90

Nobody will be turned away for lack of funds! Scholarships and work-exchange options are available for those who would not attend because of money. Please contact us before the workshop to make arrangements.

TO REGISTER PLEASE SEND A CHECK FOR THE WORKSHOP FEE TO THE CRESP CENTER FOR TRANSFORMATIVE ACTION, 117 ANABEL TAYLOR HALL, CORNELL UNIVERSITY, ITHACA, NY 14853. THE CHECK CAN BE MADE OUT TO CRESP, WITH "NVC WORKSHOP" IN THE MEMO LINE. SPACES ARE LIMITED. TO SECURE A SPOT PLEASE REGISTER BEFORE MARCH 28TH. AFTER THIS DATE, PLEASE CONTACT RISA AT (607) 564-3508 TO SEE IF THERE IS STILL SPACE AVAILABLE, OR IF YOU NEED A RIDE TO THE WORKSHOP OR WOULD LIKE TO OFFER ONE. FOR MORE INFORMATION EMAIL AKW7@CORNELL.EDU.

**THE ABCS OF EMPOWERING COMMUNICATION IS PART OF THE BUILDING NVC COMMUNITY PROGRAM
CREATED BY FRANCOIS BEAUSOLEIL AND SPONSORED BY BAYNVC (WWW.BAYNVC.ORG)
AND THE CRESP CENTER FOR TRANSFORMATIVE ACTION**