

EMPATHY'S AWAKENING IN THE HEARTLAND

Compassionate Communication in Practice



Introductory Overview – Friday, May 30th, 7–9 pm
Participatory Workshop – Saturday, May 31th, 9–5 pm

Venue – Nirvana Pointe Retreat in Omaha



Presented by
JOHN CUNNINGHAM

- Learn to identify and express what's authentically alive in you so others can easily hear you.
- Practice transforming disconnected misunderstanding into reconnected understanding.
- Come to recognize blame, judgment and criticism as the 'tragic expression of unmet needs'.
- Quicken the development of your nascent capacity for empathy.
- Discover the art of compassionate truth-speaking.

Sponsored by THE WELLNESS CONNECTION

Space is limited; please register by Friday, May 24th.

Friday by donation – Saturday \$95 (includes lunch)

Accommodations available – Photos at www.TheWellnessConnection.net

For information and to register, contact:

Lyndy (402) 551-0500 / bliss@TheWellnessConnection.net

John Cunningham has a Waldorf Educator for many years and a certified trainer with the *International Center for Non-violent Communication* since 2000. Since then, he has traveled throughout North America and Europe giving trainings in *Compassionate Communication* integrating the work of *Rudolf Steiner and Nonviolent Communication*. Although John works primarily within the *Waldorf* school movement, he has also worked within the Oregon prison system, in hospitals, hospices, and other organizations. Together with three other trainers, he had co-facilitated weeklong *Educators Institutes* for educators public and private every summer for the last seven years. You are encouraged to download a free copy of his booklet, *Compassionate Communication and Empathy's Awakening* from John's website at www.empathy-conexus.com.