



# Connective Communication Class

Saturdays, 4:00-6:30pm  
Begins October 29, 2011

facilitated by **isa Maria** and **Fernando Severi**

Our study and practice of Nonviolent Communication principles and skills includes:

- Speaking in a way that is likely to meet with understanding, connection, and mutually beneficial results
- Hearing the authentic underlying message behind every communication and action
- Identifying our feelings and values
- Awareness of freedom and choice
- Empathy (how to effectively and unconditionally support ourselves and others)
- Accepting responsibility for our thoughts, feelings, and actions
- Cultivating happiness and creating the world we want to live in

location: near Moloa'a Fruit Stand

fee: \$20/session or trade

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