

**Inner Works Presents:**



# Compassionate Communication:



**NVC Dance Floors Workshop**

**Saturday, Sept. 11**

**NVC Dance Floors uses visual, auditory and kinesthetic experiential learning modalities to support the learner in internalizing all facets of NVC. This has been the favorite class for many because it meets needs for integration, fluency and ease. We will learn and practice up to three of the dances below:**

**Self-Empathy Dance  
Anger Dance  
Educator-Chooser Dance  
Yes - No Dance  
Inner/Outer Dances, Levels 1,2,3**

**At its heart, Nonviolent Communication is about cultivating compassionate relationships with ourselves and with others.**

<b>More Info:</b>	Contact Molly Traffas: <a href="mailto:mollytraffas@gmail.com">mollytraffas@gmail.com</a>
<b>Investment</b>	\$130 (or \$99 for early registration if payment postmarked by Wednesday, September 8, 2010) We request a \$50 deposit to hold your space.
<b>In Self:</b>	<b>Bring your life partner and s/he gets half price registration fee.</b>
<b>When:</b>	Saturday, September 11, 2010; 9:30 AM to 5:00 PM
<b>Where:</b>	Inner Works, 3425 W Central, Wichita, KS 67203 ~ 316-946-0990
<b>Registration</b>	Please Mail Check Payable to TLM Solutions:
<b>Payment:</b>	Tom McLain, Suite 200, 6403 N. Grand Blvd, OKC, OK 73116 (and please include your contact info – email address, phone number...)

**Facilitator: Tom McLain** is a Communication Coach, Facilitator, and Consultant. He teaches needs-based conscious communication skills through training, facilitating and coaching using the principles of Compassionate 'Nonviolent Communication' (NVC). Specific areas of focus include supporting professionals in arenas of collaborative dispute resolution, mediation, conflict resolution, education and health care. Given that NVC also happens to cultivate emotional intelligence and that one of its chief aims is to foster better 'self' communication, many of Tom's clients seek to learn and practice NVC in order to apply it to their inner learning edges as well as to their personal and workplace relationships.

In 2007 Tom founded Compassionate/Collaborative Communication Oklahoma, a community of NVC practitioners ranging from volunteers to trainers, who offer introductory talks, classes, practice groups and workshops. They seek to fulfill the learning needs of individuals and groups across a wide spectrum: from coaching individuals to supporting start up practice groups – and in organizations from facilitating better executive team connection to training the whole organization.