Centre for Lifelong Learning  
Tata Institute of Social Sciences  
Deonar, Mumbai – 400 088

Workshop Announcement

Two day workshop on  
Non-Violent Communication  
(April 25-26, 2014)

The Centre for Lifelong Learning invites you to participate in a workshop on April 25 & 26, 2014 between 10.00 a.m. and 5.00 p.m. at the Tata Institute of Social Sciences, Deonar.

The workshop will be facilitated by Shammi Nanda

![Shammi Nanda](image)

to know more about NVC go to [www.cnvc.org](http://www.cnvc.org)

- Workshop Fee: **Rs. 1000/- (inclusive of all workshop material & hospitality)**

  Shammi offers this workshop in the spirit of Gift Culture, where giving and receiving is seen as a sacred thing. In addition to the workshop fees, voluntary contributions will be received after the workshop with gratitude and will go towards supporting Shammi as he travels around and brings NVC to our communities.

- Last Date for Registration: April 21, 2014
- For Further Details and Registration Contact:

  Ms. Bhargavi Mohan/ Mr. Ritesh Vaity  
  Secretariat  
  Centre for Lifelong Learning,  
  Tata Institute of Social Sciences, Deonar, Mumbai 400088  
  Tel No.: 25525682
The details of the Workshop and Registration Form are as follows:

Workshop on
Non-Violent Communication
(April 25-26, 2014)

LIVING COURAGEOUSLY AND COMPASSIONATELY

This workshop is based on the principles of Nonviolent Communication (NVC) developed by Marshall Rosenberg. Nonviolent Communication (NVC), also known as Compassionate Communication, is an invitation to connect with the inner beauty of ourselves and others and move toward oneness with all beings.

During these two days, we’ll practice communicating authentically in a way that the others can see our care for them and which makes it easier for them to hear our messages.

We will also develop our muscles to hear statements of blame, attack and judgements by focusing on other person’s pain or their feelings and needs. We learn to do this without giving up on what is important for us or ‘giving in’ to their strategies, unless we agree to them deeply. Thus, it gives us the capacity to connect with people expressing difficult to hear messages while allowing us to maintain our own inner peace.

In our workplaces or with our loved ones, if we are operating from habitual patterns of Domination or Submission, this workshop will support us to move towards creating Partnership Paradigm in these spaces with people around us.

Besides we will also look at ways of expressing our gratitude that touches other people deeply.

This workshop is based on the Nonviolent Communication(NVC) of Marshall Rosenberg. It will allows us to do the above mentioned things by showing us how to express the following:

• Observations instead of interpretations
• Our authentic feelings and needs instead of blame and demand /defense and attack,
• How to make clear 'do-able' requests

We will explore these ideas together as a group, with dialogues, role plays and real life situations.
Workshop on Non-Violent Communication
(April 25-26, 2014)

Registration Form

Name
Sex
Profession
Organization
Contact Address
(Full postal address with PIN CODE)

Phone
Off:
Res:
Mobile:

E-mail

Mode of payment
DD/Cash
(Please √ mark)