

Listen To Your Heart



Simple ways to practice self-empathy 2-4 hour workshop for up to 20 participants

Do you want to learn ways to cope better when overwhelmed by difficult messages from others (or even from yourself)? This session explores self-empathy as a way to translate shame and blame, and to transform guilt, resentment, and burn-out. Through a combination of lecture and practice, participants will apply Marshall Rosenberg's compassionate Nonviolent Communication process (2015) as a way to go beyond surface self-care efforts. You will learn to identify your underlying needs and develop meaningful strategies to tend them. This practice is central to ensuring the resilience and reserves necessary to extend care to others, personally and professionally.



Facilitator: Marion Little, MA Dispute Resolution, CNVC Certified Trainer

Marion manages Community Services and Training for JHS Peterborough. She's offered dynamic professional trainings for over 20 years, including graduate level university courses in Collaborative Leadership, Ethics and Reflective Practice. Marion has devoted her career to fostering community wellness, resilience, and physical sanctuary spaces. She's mostly done this through community education, policy development, and service provision that address interpersonal, social, and institutional harms. In addition to having fun working with community groups, Marion enjoys digging in the dirt, growing wildflowers, and collaging on canvas with paints, paper scraps, and other odds and ends.

This workshop is a contribution to
the United Way of Peterborough
"Local Love" auction
from:

