



Every criticism, judgment, diagnosis,
and expression of anger is the tragic
expression of an unmet need.

— *Marshall B. Rosenberg* —

AZ QUOTES

**Marshall's Teaching Comes to Life!
Learn NVC from the source -
Marshall B. Rosenberg video excerpts**

**Monthly videoconference gatherings
Every 1st Sunday of the month**

**January 6, February 3, March 3, April 7, May 5, June 2, July 7,
August 4, September 1, October 6, November 3, December 1**

9:30 - 11:00 AM PDT, 10:30-12 PM MDT 11:30-1:00 PM CDT
12:30-2:00 PM EDT 18:30 CET

We're excited to share with you — excerpts from Marshall's teaching as a way to connect you to the source of Nonviolent Communication, to savor the diamond gems of his teachings and bring meaning and value to you so that you can take these jewels and incorporate them into your own lives.

Michael Dillo, Switzerland and Sylvia Haskvitz, Tucson, AZ, USA, certified trainers and assessors with the Center for Nonviolent Communication have both had the great fortune to have spent many hours with Marshall and learned from him directly. Since many of you have not experienced Marshall, we imagine this offering may be the next best thing that we can share with you.

Even people who have never met Marshall personally tell us they have seen Marshall videos and are fascinated. But they can rarely say what it is exactly that fascinates them. It is as if the fullness is indigestible. It seems too much at once to really digest, to apply and absorb this spiritual nurturing.

From this feedback, came the idea of dividing these long videos and sound recordings into small digestible sections. In so doing, you will experience a few distinct diamonds right in front of you — where Marshall's profound empathy, his playfulness and his humor are freshly revived.

We invite you to join us for a videoconference where at each session we offer one or two shot 4-10 minute sound and film excerpts of Marshall's words and wisdom on specific subjects and we end with one of Marshall's songs which often go straight to the heart.

Connect with NVC community from around the world - all without leaving your home or office.

Location: Zoom Video Conference. We will send the log in information before the meeting each month. Let us know if you will participate: Text to 520 419-2176 or email silgiraffe@aol.com.

Contribution back: \$30 - 40 per session. Payment through paypal to friends and family to silgiraffe@aol.com prior to the call or by the end of the day of the call. If you would like support, please ask for paypal directions.

We do not turn away people who want to join us and we want this work to sustain us financially. If you are unable to joyfully contribute our requested amount, we ask you to check in with yourself and let us know what you would enjoy giving.

Facilitators:

Sylvia Haskvitz, MA, RD, CNVC Certified Trainer, Assessor, Author, Communication Coach and Mediator. Sylvia has lived and shared NVC for 29 years throughout the world and first met Marshall in 1989 in San Francisco, CA. For many years she organized training for Marshall in the Bay Area.



Michael Dillo, Ph.D, CNVC Certified Trainer, Assessor and Communication Coach. Michael lives in Switzerland where he first met Marshall in 1997 at an introductory workshop with 10 participants in Orchidea Lodge, Switzerland (Marshall's European home at the time).