

Compassionate Communication

... communication that connects

Fall Series

Between stimulus and response there is a space. In that space lies the freedom to choose our response.

Viktor Frankl

I took this class on blind faith... little did I know that it would be transformational for me. I have more confidence and my relationships at work and at home have improved dramatically as I'm developing the skills to communicate from the heart. I am more joyous as I can observe things with a sense of curiosity instead of judgment.

...Jennifer, class participant

In this series, we will explore:

- Approaches to moving beyond power struggles - find ways for everyone's needs to be considered.
- How to transform anger into life-serving action.
- How to shift thinking that leads to dis-connection.
- How to create more intimacy in our relationships.
- Letting go of old patterns of defending, withdrawing or attacking in the face of judgment, criticism and blame.
- How to foster more self-compassion and self-connection.
- How to make requests that allow freedom of choice.

Where: 1509 SW Sunset Blvd, Suite 2A, Portland, OR 97239

Fee for the 11 Week Course: \$385

To register: <https://www.anthonymarchant.com/compassionate-communication-intro-series-enrollment/>

For more information contact Anthony Marchant:
971.322.4475

Free Introductory Workshop

Saturday September 14, 2019

10:00 AM to 12:00 noon

To register, email Anthony @ tony@anthonymarchant.com



11 WEEK SERIES

Tuesdays 6:45 – 8:45 PM

Sept. 24 – Dec. 3, 2019



Anthony Marchant

As a Peace Corps community health educator in Gabon, West Africa, Anthony Marchant discovered his true passion for working with people. Relationship—with self and with others—was where he chose to direct his energy for the rest of his life.

Through the pursuit of a Master's degree in Transpersonal Counseling Psychology at Naropa University he has deeply rooted his clinical skills in a framework of presence and mindfulness, a unique education that enabled him to integrate all of his previous life experiences.

Nonviolent Communication is a unique and vital medium for the work he continues to do.