

Compassionate Communication Oklahoma Presents:

Empowering Communication 1.0

Monday, January 2nd: New Year's Holiday Workshop

FOR MORE INFORMATION SEE:

Tom McLain
405.823.7801
tom@connecting
communication.com

INVESTING IN YOURSELF:

\$75 per registrant
(\$50 per person if 3 or
more register together
and payment is
postmarked by Fri.,
December 30, 2011)

(Bring your life partner
and get a 50% discount
for them with early
payment postmarked by
Fri., December 30, 2011)

*(Some scholarship funds
are available)*

WHEN:

New Year's Holiday
January 2, 2012.
9:30 AM to 4:30 PM

WHERE:

T L M Solutions
6403 N. Grand Blvd.
Suite 200
OKC, OK 73116

REGISTRATION:

Include your name,
email, phone number &

Mail check payable to:
TLM Solutions

c/o Tom McLain
6403 N. Grand Blvd.
Suite 200
OKC, OK 73116

WOULD YOU LIKE TO BE ABLE TO:

- Speak your truth so that others can hear without taking offense?
- Express disagreement without blaming or criticizing?
- Hear what matters to others and to be heard to your satisfaction?
- Have the capacity to extend empathy to yourself and others?
- Transform reactive anger into connecting communication?
- Calmly hear other's needs instead of hearing blame or criticism?
- Have enough presence to choose connection over conflict?
- Create mutually satisfying outcomes?
- Deepen and enrich your most valued relationships?

**At its heart, Compassionate Communication is about empowering
compassionate relationship within ourselves and with others.**

Participant feedback:

"Each session was valuable for my everyday journey. It was life changing."

Tom is a Communication Coach, Trainer, Group Facilitator, Mediator, and Consultant. He teaches needs-based communication skills using the principles and tools of Compassionate 'Nonviolent Communication' (NVC). His areas of special interest include supporting those in health care, conflict resolution, and organization transformation. In 2007 he founded Compassionate Communication OK.



NVC is based on the work of Marshall B. Rosenberg, Ph.D. (www.cnvc.org)