



**March 17-19, 2017 (Friday evening—Sunday noon)**

## Compassionate Communication

*A weekend workshop with*

*Stephen Michael Tumolo and Geraldine Scott*

Based on the seminal work of Marshall Rosenberg, this weekend workshop will provide participants with a basic grounding in the theory and practice of Nonviolent Communication. Nonviolent Communication offers a way of approaching the basic flow of life: expressing and receiving. Its root is compassion and understanding for ourselves and others. During the weekend, we will exercise our ability to notice what we are feeling, identify needs in a situation, communicate our needs clearly, make requests, and learn to elicit compassionately the needs of others. Skillful listening to ourselves and others invite us to greater self-awareness and self-compassion, and a growing ability to live compassionately in all our relationships.



**Stephen Michael Tumolo** studied Nonviolent Communication with Marshall Rosenberg and Robert Gonzales, and he has been sharing it for over 15 years. He leads Heart-to-Heart, a community organization that empowers people, in and outside of correctional facilities, with skills needed for living increasingly free and creative lives. [www.heart2heartinc.org](http://www.heart2heartinc.org).

**Geraldine Scott** is a registered nurse with over 30 years experience as a public health educator, serving in community health, advocacy, and health education nationally and internationally. Currently serving as President of Heart-to-Heart, Geraldine offers trainings in mindfulness practices, meditation and Nonviolent Communication, in and out of correctional facilities.



### *Registration*

Visit [www.pendlehill.org](http://www.pendlehill.org),  
or call Ext. 137 at 610-566 4507  
or 800-742-3150 (toll-free in US)

### *Accommodations*

Private room    \$ 495  
Shared room    \$ 405  
Commute        \$ 285

**FREE FOR RETURNING CITIZENS**

### *Travel*

Pendle Hill is just 15 minutes from  
Philadelphia International Airport  
and 30 minutes outside the city.  
The campus is near the Wallingford train station.  
Take the SEPTA Media/Elwyn line from  
Philadelphia and call for a pick-up.

338 Plush Mill Road  
Wallingford, Pennsylvania  
Ext. 137, 610-566-4507  
[www.pendlehill.org](http://www.pendlehill.org)



**PENDLE HILL**  
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