



Ku'ikahi Mediation Center
Finding Solutions, Growing Peace

"Tools to Transform Conflict" Training Series

HONEST EXPRESSION:

Transforming Judgments into Feelings & Needs to Make Requests

Are you tired of being afraid to speak your truth because of how others might react?

Do you feel frustrated when you try to express what's true for you and others don't get it?

We can avoid misunderstandings, arguments, criticism, and blame by transforming the way we word requests.

Learn to use your words to inspire and create connection with others.

Learn to express your truth in a way that increases the chances that others will hear and care about you.



Mala'e Erickson has been practicing Marshall Rosenberg's Nonviolent Communication (Compassionate Communication) since 2000 and has been sharing it through workshops and practice groups since 2011. Also a teacher of Holistic Peer Counseling and Connection Parenting, Mala'e is passionate about healing our world through personal growth, child-rearing practices, and social change.

In this workshop, we will learn and practice:

- ✓ Giving ourselves empathy to connect to our values
- ✓ Managing emotions and judgements
- ✓ Making neutral observations
- ✓ Stating feelings and needs
- ✓ Making requests using positive action language
- ✓ Expressing ourselves so others will listen

Saturday, May 20, 2017 from 9:00^{am} to 3:00^{pm}

Kea'au Community Center, 16-192 Pili Mua Street, Kea'au, HI 96749



\$60 tuition

(group discounts & partial scholarships available)

To register, contact:

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