

FREEDOM OF THE HEART
FINDING JOY BY DISSOLVING BLAME AND RESENTMENT
A 1.5 DAY NONVIOLENT COMMUNICATION (NVC) TRAINING

With François Beausoleil
 CNVC Certified Trainer
 Author of "The Blame-Free State"

OCTOBER 27-28TH, 2017

Lake Country Unitarian Universalist Church (LCUUC)
 W299N5595 Grace Drive
 Hartland, WI 53029
 262-369-1703

FRIDAY, OCTOBER 27
 6-9PM
 Introduction to NVC

Francois Beausoleil, CNVC Certified Trainer and author of "The Blame Free State" will be offering a 1.5 day "Freedom of the Heart" intensive training in Hartland, Wisconsin on Friday and Saturday, October 27th and 28th. You are invited to come and explore Nonviolent Communication and learn how you can personally reduce the presence of blame in your life.

SATURDAY,
 OCTOBER 28,
 9:30AM TO 5PM
 How to Find Joy by
 Dissolving Blame and
 Resentment

Nonviolent Communication (NVC) is a communication process developed by Marshall Rosenberg. It focuses on three aspects of communication: self-empathy (defined as a deep and compassionate awareness of one's own inner experience), empathy, (defined as an understanding of the heart in which we see the beauty in the other person), and honest self-expression (defined as expressing oneself authentically in a way that is likely to inspire compassion in others).

See special pricing below.

»Wherever you are on your life-path, this course can gift you with new tools for keeping your heart open and free of blame.«

Registration Form for *Freedom of the Heart Intensive Training* - October 27-28th, 2017

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ (Kerry Duma will be sending a confirmation e-mail)

Please check one option in each row and include the amount in the Total column:

For Early Bird pricing, we request registration & payment to be postmarked by Friday, September 22

Please check one option in each row and include the amount in the Total column:				Total
For Early Bird pricing, we request registration & payment to be postmarked by <u>Friday, September 22</u>				
FULL 1.5 DAY INTENSIVE TRAINING (Friday night and Saturday) <input type="checkbox"/> Regular Price: \$135 <input type="checkbox"/> Early Bird: \$100	FRIDAY NIGHT ONLY 6-9PM <input type="checkbox"/> Regular Price: \$40 <input type="checkbox"/> Early Bird: \$30	SATURDAY ONLY 9:30AM – 5PM <input type="checkbox"/> Regular Price: \$110 <input type="checkbox"/> Early Bird: \$85		
Panera Lunch: \$12 - Includes sandwich, salad, apple & chips Deadline for lunch registration: Friday, October 20th	<input type="checkbox"/> Turkey	<input type="checkbox"/> Mediterranean Veggie	<input type="checkbox"/> Will bring my own lunch	
For those ordering lunch, please list any dietary restrictions:				Total

Feel free to contact Kerry Duma at kerryduma@gmail.com with any questions

Please return the bottom portion of this form and a check payable to:

Lake Country Unitarian Universalist Church (LCUUC) (see address above)