



Compassionate Communication

Simply put, compassionate communication is speaking from your heart. Based on the principles of nonviolent communication (NVC), defined as the natural state of compassion when no violence is present in the heart, compassionate communication provides tools and techniques that can bring more natural and authentic communication habits into our lives.

Compassionate communication assumes that we were all born naturally creative, resourceful and whole. Therefore, all the negative or violent communication strategies that we have learned through our upbringing, culture or environment can be managed and supported by understanding our basic human needs and that each of our actions are a strategy to meet one or more of those needs.

If we choose to improve and enhance our communication to be more authentic, generous and caring, we can do this through becoming a more compassionate communicator.

Participants will learn:

- Understand our basic human needs
- Three levels of authentic listening
- How to give and receive authentic feedback
- Compassionate communication tools & techniques
- Create a personal compassionate communication strategy

SPEAKER

Lorie Corcuera
SPARK Creations
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SPARK Creations is a heart based leadership and empowerment organization that provides highly interactive and fun experiential learning and development, strategic visioning and leadership alignment, and people and culture programs for individuals, teams and organizations. As the Co-Founder and Creative Essence Originator (CEO), Lorie is energetic, driven, and tireless in her pursuit of self development and people contribution. Over the past 18 years, Lorie has cultivated her coaching, leadership development, and people and culture development experience as both a strategic and progressive senior human resources leader. Lorie is also the Co-Chair for the BC HRMA Learning and Development Roundtable, the Director of Leadership Development, Leadership Coach and Facilitator for Corporate Symphony International, and the Co-Founder and President of Enspire Foundation.

Moira Kruger
Personal Impact Consultant
New Leaf Transformation
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With over 25 years in the service industry, Moira brings her experience of the spa industry and Image Consulting to provide individuals and corporations with mindfulness solutions in order to improve their personal and corporate impact.

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BOOKING

Workshop Fee: \$450.00 for 60 to 90 minutes