

# 2010 NonViolent Communication Training

with Gina Cenciose

[www.embodyingEmpathy.com](http://www.embodyingEmpathy.com)

<a href="#">NVC AND DEEPENING of EMPATHY</a> in English in Ottawa, French people can work in their language in small groups	28, 29 <sup>th</sup> & 30 <sup>th</sup> of May, 2010 with Gina. Ottawa Info: Lucie at <a href="mailto:laroselmn@yahoo.com">laroselmn@yahoo.com</a> 613-324-3244
Evening + 3 Day <a href="#">RESTORATIVE CIRCLE INTRO</a> in English in Ottawa followed by a 2 day Facilitator training June 7 <sup>th</sup> and 8 <sup>th</sup>	3 <sup>rd</sup> to 8 <sup>th</sup> of June, 2010 with Gina and Valerie Canadian Institute for Conflict Resolution St. Paul University, Ottawa Info: <a href="http://www.cicr-icrc.ca">www.cicr-icrc.ca</a> or <a href="mailto:gincen@sympatico.ca">gincen@sympatico.ca</a>
1st session of Yearlong NVC & the Transformation of Consciousness in French in Montreal combining NVC' BELIEF WORK' inner relationship Focusing and Inquiry over a year long period.	June 18, 19 <sup>th</sup> and 20 <sup>th</sup> , 2010 with Gina in Montreal Info: <a href="http://www.embodyingempathy.com">www.embodyingempathy.com</a> or <a href="mailto:gincen@sympatico.ca">gincen@sympatico.ca</a>
2 day RC Facilitator Training in Biddeford Maine with Gina	June 29 <sup>th</sup> and 30 <sup>th</sup> 2010. info lynne@lynnehutchinson.com

**June 23<sup>rd</sup> to 27<sup>th</sup> Transformation of Beliefs 5 day workshop with Gina & Peggy Smith in Maine, 5 days of NVC exploration into beliefs with empathy and honesty, near the beach in Southern Maine. For more info Gina at [gincen@sympatico.ca](mailto:gincen@sympatico.ca)**

July 31<sup>st</sup> to August 7<sup>th</sup> Gina will lead the restorative Circles track at the New York Intensive in Geneva, New York with her colleagues. Info at [www.2010.newyorkintensive.org](http://www.2010.newyorkintensive.org)

August 10<sup>th</sup> and 11<sup>th</sup> Gina will lead a 2 day NVC and THE WORK workshop in upstate New York, info Gina at [gincen@sympatico.ca](mailto:gincen@sympatico.ca)

Sept. 2<sup>nd</sup> to 6<sup>th</sup> Gina will lead a 5 day Intensive on NVC and Inner relationship Focusing in Montreal in French. Info Gina at [gincen@sympatico.ca](mailto:gincen@sympatico.ca)

Sept. 10-12<sup>th</sup> Gina and Peggy will lead a 3 day intensive on EMBODYING NVC NEEDS CONSCIOUSNESS in Southern Maine info Gina at [gincen@sympatico.ca](mailto:gincen@sympatico.ca)

Sept. 14<sup>th</sup> to 18<sup>th</sup> Gina will be in Rochester New York assisting Dom in his Facilitator training and participating and coordinating (with John Myser) the first ever Restorative Practitioner Meeting

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Sept 23<sup>rd</sup> to 26<sup>th</sup> Gina will begin a 6 month NVC AND INNER RELATIONSHIP FOCUSING program with 2 retreats of 4 days each, meeting at Pumpkin Hollow retreat center in Craryville, N.Y.

Info Gina at [gincen@sympatico.ca](mailto:gincen@sympatico.ca)

Sept. 28<sup>th</sup> to October 2<sup>nd</sup>: Gina will be leading 5 days of RC Training at the CDN institute for conflict Resolution in Ottawa, Ontario. Info at [www.cicr-icrc.ca](http://www.cicr-icrc.ca)

October 8<sup>th</sup> to 10<sup>th</sup> Gina and Peggy will lead a 3 day NVC deepening workshop in Southern Maine on the ART OF NVC DIALOGUE info Gina at [gincen@sympatico.ca](mailto:gincen@sympatico.ca)

November 12<sup>th</sup> to 14<sup>th</sup> Gina and Peggy will lead a 3 day NVC and the Art of empowerment workshop in Southern Maine, info at [gincen@sympatico.ca](mailto:gincen@sympatico.ca)

## **THE POWER OF EMPATHY**

**1<sup>st</sup> session in the NVC Yearlong Integration Program in English in Arnprior, Ont.**

(Open to Individuals not in the Yearlong Program. For the other sessions with different themes, look on website under Upcoming Programs/Yearlong Programs/Ottawa)

1st session of NVC yearlong program for those sharing NVC (3<sup>rd</sup> year group) in French in Montreal

1<sup>st</sup> session of the NVC Yearlong Integration Program in English in Southern Maine

**NVC AND RESTORATIVE CIRCLES INTRO** in English in Southern Maine

5 day Intensive **NVC & Belief Work** in French in Montreal