

# Mindful Compassionate Communication

What is mindful compassionate communication? It is a practical set of tools and philosophy for use in everyday life. In essence, the process is a combination of mindfulness practice, thought, language, communication awareness and skills. It is about learning to connect with others – with compassion, honesty and empathy – as well as recognizing and being able to meet one's needs at the same time. It is applicable in your personal and professional lives, and is extremely powerful for all helping professionals.

The Saturday afternoon workshops, on the last Saturday of each month, will consider in different ways the three core aspects of developing compassionate communication:

1. Developing mindfulness of communication and how to practice this.
2. Developing and learning your own philosophy about how human beings can behave towards themselves and to others in a way that encourages compassion.
3. Practicing the concrete processes and tools, particularly focusing on increasing your literacy of feelings and needs, how to model and assist others in developing these skills and literacy as well as learning and practising the core communication skills / processes.

Compassionate communication has a core belief that we want to communicate with other people honestly so that we can compassionately give and receive. It provides a philosophy, method and process that allows compassionate giving to take place, not out of fear or obligation, but from our ability to give, and from our spiritual essence. The workshops are based on the work of Carl Rogers, Marshall Rosenberg and a broad range of other people such as Gandhi and many other spiritual leaders.

**Workshops are facilitated by John Julian and Kush Vatchha.**

**Workshops will occur on the last Saturday afternoon (1.pm to 5.pm) each month in the Belgrave / Wantirna area. Minimally, 6 people are required & bookings need to occur by Wednesday 5.00pm before the workshop. The August workshop is focused on developing couples skills (& is open to single people) and October is focused on parents of young children. All others will be general and different each month focusing on issues raised by participants. Workshops are training focused and are not a therapy group; there is no expectation to raise difficult or private issues.**

**They are enjoyable!**

**Workshop cost: \$55.00 per person**

**To book, or for more information about this program, please contact John on 9754 3638 and leave a message - John will call you back**

**Or preferably email to: [jjulian2@bigpond.net.au](mailto:jjulian2@bigpond.net.au)**