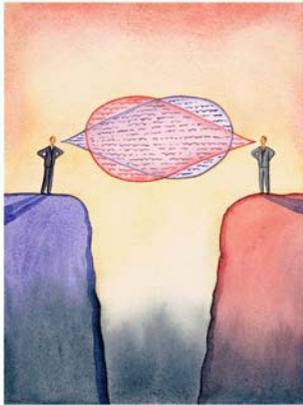




The Montreal School of Theology



Kathleen Conway

Kathleen Conway (MA, Communication Arts, Michigan State University) leads effective, engaging and practical workshops in communication skills throughout Canada and the U.S. She has led this event for many organizations including Saint Columba House, the Centre for Spirituality at Work (Toronto) and the Toronto School of Theology.

WINTER 2020

An Introduction to Constructive Communication

This one-day workshop introduces a simple yet profound process: how to prevent or peacefully resolve differences by connecting with another person's feelings and needs. You may also connect more deeply and authentically with *your own* feelings and needs.

This approach, used world-wide to resolve disputes, is also known as "Nonviolent Communication", or "NVC", developed by Dr. Marshall Rosenberg.

Workshop content:

- The purpose of Constructive Communication
- "Power Over" vs. "Power With": the intention behind the model
- The Jackal and the Giraffe: How life stances affect the language we use
- The four steps of the model, with examples
- Responding to criticism, blame and anger
- Using Constructive Communication with ourselves and others
- Finding your own approach: How to apply what you've learned and make it your own
- Small group practice

DETAILS

February 14, 2020
9am-4pm

The Presbyterian College, Montreal

Costs

\$65/\$45 (youth)

To register:

Presbyterian	info@presbyteriancollege.ca
Diocesan	info@dio-mdtc.ca
United	admin@utc.ca

THE MONTREAL SCHOOL OF THEOLOGY aims to make theological education accessible to a wide range of students, and in a variety of formats. This workshop is a rich opportunity for those seeking a deeper understanding of Christian faith, spiritual enrichment, and practical skills for service in their congregation. It is open to lay leaders, elders, ordained clergy and others wishing to grow in their gifts for service and leadership among God's people.

The Montreal School of Theology is accredited by the Association of Theological Schools. .