

Connecting Across Extreme Differences (4 sessions)

In this online class, we will explore how Nonviolent Communication (NVC) can help us connect with persons we believe are fundamentally different from us because of the groups they support, the ideas they espouse, and the things they say or do.

At the end of the class, participants should experience more confidence in their ability to stay calm, speak authentically, listen without prejudice, and connect as human beings when engaging in polarizing conversations.

Who will benefit from this class

Anyone interested in engaging in dialogue with persons holding opposite views on polarizing topics.

Pre-Requisites for registering

1. You've been practicing NVC for at least six months.
2. You've attended at least 1 NVC class in the past.
3. Read [this](#) about Cognitive Bias and [this](#) about First Aid Empathy before the first class.

Class Structure

At each session, the facilitator will offer a short presentation of key NVC concepts that will be "tested" later in the session as participants engage in role-plays simulating exchanges on polarizing topics. Through strategic interruptions to the role-play, participants will be encouraged to identify what was and what wasn't helpful to the exchange. Participants will be invited to offer suggestions to make conversations more productive, and the facilitator will gradually introduce new NVC concepts as the class progresses.

Schedule

2nd and 4th Wednesdays in February and March, 2/10, 2/24, 3/10, 3/24; 6:00 - 8:00 PM PST
Optional sessions to answer questions: Wednesdays 2/17, 3/3, 3/17; 6:00 - 7:30 PM PST

Registration and Fees

Register on the EmpathyProjects.org website.

After registration confirmation, please consider donating \$5 - \$20 to ORNCC via this [link](#).

Class is limited to 14 participants.

Facilitator - Carlos Sathler



Carlos sees himself front and foremost as a servant-leader. He has been an NVC practitioner for the past ten years, and for the past twenty, he has led teams at volunteer-based and for-profit organizations. Carlos is currently a candidate for certification as a trainer by The Center for Nonviolent Communication, a global organization supporting the sharing and learning of NVC worldwide. He is deeply committed to NVC and enjoys regularly contributing to Oregon's NVC community as a board member of the Oregon Network for Compassionate Communication (ORNCC). Curious about Servant Leadership? Explore this [link](#).