

# Foundations of Compassionate Communication for Mediators

In this class, we will cover the foundational pillars of Compassionate Communication, also known as Nonviolent Communication (NVC) - a process combining thought and communication skills that empower us to connect compassionately<sup>1</sup>. We will learn how to create a quality of human connection that facilitates conflict resolution that meets everyone's needs and naturally produces a more fulfilling and productive mediation process for mediators and conflicting parties alike.

At the end of the class, participants should be able to:

- Apply new skills to build a solid foundation for parties' success
- Develop a more profound ability to empathize with self and others
- Navigate uncertainty and emotionally charged situations with increased confidence
- Find a renewed purpose for their mediation practice

## Who will benefit from this class

Mediators interested in incorporating compassion into their practice.

## Class Structure

The class will consist of nine 2-hour sessions. We will learn NVC concepts and discuss how mediators can apply them in their work. Participants are asked to purchase the book "Nonviolent Communication: A Language of Life" by Marshall Rosenberg ahead of time. A reading assignment will be sent to the participants via email before each class. Learning will be both conceptual and experiential.

## Logistics

Tuesdays 5:30 - 7:30 PM PST from 1/11 - 3/22. We will skip a week every month after three classes.

Location: Zoom

Max participants: 15, Cost: \$250

To register contact Tzipora Dimant at [tzipora.dimant@gmail.com](mailto:tzipora.dimant@gmail.com)

## Trainers



**Tzipora Dimant** - Tzipora Dimant has been practicing mediation for 30 years. She recently retired from the City of Beaverton as a community mediator, providing mediations to neighbors, HOA Boards and businesses in disputes. Before coming to Beaverton, Tzipora worked at OHSU (Oregon Health & Science University) as a workplace coach, mediator and trainer. She is currently on the faculty at PCC teaching basic and advanced courses in mediation. In her private practice, Tzipora mediates for couples, families and the workplace.



**Carlos Sathler** - Carlos 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).

<sup>1</sup> From the booklet "We Can Work it Out, Resolving Conflicts Peacefully and Powerfully," by Marshall Rosenberg, Ph.D., page 1.