



A workshop facilitated by
Michelle Charfen, MD
Certified Echo Parent Educator

Saturday, 1pm-5pm
April 20, 2019

at The LOFT – 128 Maryland Street, El Segundo, CA 90245

Transforming Conflict & Setting Limits with Compassionate Communication

Communicating compassionately is a practice, much like yoga. Creating time for thoughtful reflection and support is an important part of strengthening our practice. With self-compassion and a growth mindset we can find opportunity and joy amidst even our most challenging days. This workshop will provide a safe and intimate space for connection and support.

In this 4 hour workshop we will address the following topics:

- Transforming conflict through Non-Violent Communication
- Setting limits compassionately and addressing roadblocks to compassionate communication
- Fostering self-awareness and mindfulness practices that can be used to help navigate challenging situations
- Fostering resilience and a growth mindset for ourselves and the children in our lives

Registration Fee: \$75/individual or \$115/couple

Space is limited, please register on Eventbrite to reserve your space.

Visit <https://centeredliving1904.eventbrite.com> to register

For those of you that would like to pay in cash/check at the workshop, use promo code "cash" and then register without paying online

For participants using Inspire Charter funds please use promo code "inspire" to register without paying online and send an email to michelle@michellecharfen.com stating you will be using Inspire funds.