



# Virtual Training Opportunity NON-VIOLENT COMMUNICATION

## WHO IS INVITED?

From Vancouver Coastal First Nations communities: Community Health Directors, Mental Wellness & Substance Use workers and any other Frontline Community Health and Wellness Workers. Please note that we will only be able to accept up to (3) individuals maximum per community to comply with virtual platform requirements.

## WHAT WILL THE TRAINING FOCUS ON?

To introduce practical tools and approaches to help us navigate and resolve community conflict. We have learned that the use of non-violent communication tools and approaches can guide us to express ourselves cleanly, clearly, and powerfully.

## Practical Tools and Applications You Can Learn

- How to create safety and trust in relationships and with groups;
- How to tell your truth – particularly when it may be frightening;
- How to effectively respond to anger and defensiveness in others;
- How to bring up sensitive material;
- How to call out behavior you want to be different; and
- How to share information you think will be painful.



## WHEN?

**Dates:** Wednesday, July 15<sup>nd</sup>, 2020

**Times:** 9:50am to 12:00pm

**Virtual Platform:** ZOOM, (link to be sent two days prior)

**Deadline to Apply:** Thursday, July 9<sup>th</sup>, 2020

## APPLICATION FORM

Interested applicants must complete and submit the information below:

Name		Job Title	
Community		Phone Number	
Email Address		Mailing address	

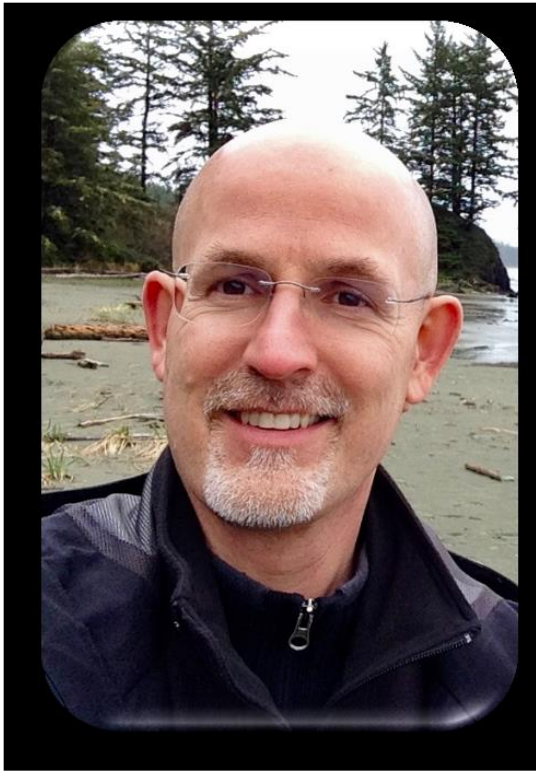
If you require any assistance and/or have any questions please do not hesitate to reach out to our team. We hope you can join us!

**CONTACT:** Jody Jones, Traditional Wellness Coordinator

**EMAIL:** [jody.jones@fnha.ca](mailto:jody.jones@fnha.ca) **PHONE:** 778.874.7925



# ABOUT THE TRAINER



*Wes has been supporting the evolution of Indigenous drug and alcohol treatment programs to help strengthen healing from trauma and has experience delivering trauma trainings across BC. From 2007 to 2019, as an internal Organizational Development Consultant for Mercy Medical Center, Baltimore, and then for Vancouver Island Health Authority, he successfully supported healthcare leadership and teams to maximize their effectiveness and development. He was a founding partner of the NVC Training Institute, a partnership of senior trainers who provided advanced NVC seminars for consultants, mediators, and trainers in North America and Europe from 2000 until 2012. His passion for needs-based leadership and organizational functioning began during his initial 15-year career in psychotherapy where systems theory and developmental process were fundamental to his work in addiction and trauma resolution. Over the years, he earned certifications in Non-Violent Communications, Addiction Counseling, Spiral Dynamics Integral, and PROSCI® Change Management.*

## ABOUT THE TRAINING

*The teachings and practices of Non-Violent Communication help us connect with ourselves and one another. When Non-Violent Communication is practiced, we have more awareness of ourselves – what we are feeling and needing – and this self-awareness helps with our learning and healing. We can become more skilled at dealing with the challenges of everyday life and relationships. When practiced consistently, Non-Violent Communication can help us replace patterns of self-criticism and self-judgment with self-understanding and compassion. In communicating with others, the practice of Non-Violent Communication helps us have a deeper understanding of what others want us to know and understand. We become more able to respond with understanding and compassion and less likely to respond with anger or defensiveness. The principles of Non-Violent Communication help us avoid and resolve conflict. And, the use of Non-Violent Communication guides us to express ourselves cleanly, clearly, and powerfully.*

