

Beyond anger management...

So what does it mean to work on your communication skills?

Is it really possible to make a difference?

What if the other person expresses no interest in changing how they communicate?

Amazing though it seems, if you decide to change the quality of communication in your life, you can do it, even if others around you are not yet actively trying to change their communication habits.

And improved communication means much more than just managing or controlling anger.

- **Understand** anger, both your own and that of others in your life.
- **Increase joy** in your life and your relationships.
- **Find the powerful meaning** in even your most negative thinking, or the most hard-to-hear messages from others.
- **Rebuild** damaged relationships
- **Empower** yourself to make requests of others, while still holding their needs as important
- **Express yourself honestly** even when it's scary for you
- **Master** the gift of focused listening

Previous class participants say:

*"It's been easy to start implementing the training into daily life, because every kind of relationship can benefit."
- Ellen Dunne, San Francisco*

*"Your course definitely met my need for community, support, and education - and practicing a language that supports a more connected way of life."
- Laura Perrault, San Francisco*

*"I'm now experiencing being the strong, grounded, compassionate communicator I knew I could be."
- Ben Thomson, San Francisco*

*"I'm feeling more connected to my friends and family because I'm giving them empathy. I'm also being really clear about asking for what I need and checking in with myself."
- Jaynie Farnsworth, Brisbane*

IMPROVE YOUR COMMUNICATION



with Newt Bailey
Communication Trainer and Mediator

- Reduce stress, anger, and conflict
- Improve all your relationships

Soluna Health
109 Second Street
Sausalito CA 94965
Register at (415) 694 8798
or newt@newtbailey.com

Do you want to increase...

- **UNDERSTANDING?**
- **CONNECTION?**
- **INTIMACY?**
- **HARMONIOUS RELATIONS?**
- **PEACE OF MIND?**

Communication skills provide the key to transforming your relationships, whether you're experiencing minor frustrations, or major rifts and conflicts.

A few situations where improved communication can make a lasting difference:

- *Your partner gives you advice and fix-it suggestions when all you want is to be heard.*
- *Your partner wants more intimacy but when you try and talk about this it seems that the result is often disconnection and conflict.*
- *Your teenage kids interpret your well-intentioned questions as meddling in their business. You want to have a positive influence on their lives, but don't know how to reach them.*

This 6-week course will help you "Improve Your Communication" with effective skills you can use in all your relationships.

More about Newt Bailey...



Newt Bailey is an SF-based professional mediator and communication trainer, with clients throughout the country.

He works with couples, families, co-workers, collectives, and organizations to improve all areas of communication – from increasing intimacy in relationships to leading effective meetings. He also volunteers as a communication trainer in San Quentin State Prison.

Newt's approach results from four years of extensive training in Compassionate Communication**, together with twenty years of professional experience, including teaching, school administration, and corporate leadership.

Newt uses the skills he presents on a daily basis in his primary relationship and in his professional relationships.

**Also known as Connected Communication or Nonviolent Communication (NVC)

Where and when...

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Intro series - 2010:

Feb 10, 17, 24
March 3, 10, 17

Wednesday evenings – 7pm to 9pm

Price: \$120 includes

- ✓ Six 2-hour classes
- ✓ Transformative communication practices that take under five minutes a day
- ✓ Course materials provided electronically by email
- ✓ Introduction to the "Empathy Buddy" system for supporting rapid integration of the skills into your life

To read Newt's blog, testimonials, and details of other services, rates, and classes:

www.newtbailey.com
www.communicationdojo.com