



Stephen Bross has been a student of Nonviolent Communication for the past fourteen years, has practiced and taught yoga and meditation for the past twenty five years, has read extensively and taught about Eastern Nondualism and the Christian Contemplative tradition, and is passionate about the teachings of Jesus as they relate to our individual and collective challenges in these modern times.

We Can Work it Out:

RESOLVING CONFLICTS

Powerfully & Peacefully

9 a.m. - 1 p.m. Saturday, August 26th

Facilitated by Stephen Bross

Son of Grace members Addison and Mary Louise Bross

BY DONATION

Join us for a half-day workshop on working through conflict, challenging relationships and painful feelings in community in a way that can help us come to a place of deeper mutual understanding, respect and love. In our culture, we have few models of getting our needs met in challenging relationships, or resolving our conflicts which don't involve domination and control. The question is, how do we communicate our needs and seek to understand the other when we are emotionally charged and there doesn't seem to be a way out that works for everyone? And how is it possible to communicate what we want without either becoming forceful and demanding, or submissive and ineffective? How do we break out of the win-lose paradigm we seem to be stuck in?

We will spend some time in conversation about our experiences in this area, and learn some useful tools in being, thinking, and communicating that can support us as individuals and as a community towards living more deeply by the teachings of Jesus, becoming more effective in our goals together and living more harmoniously as a Christian community.

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