



United Way of
San Luis Obispo County



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NEWS RELEASE

FOR IMMEDIATE RELEASE
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Nonviolent Communication Workshop Teaches Peaceful Communication Tools to Teachers, Parents, and Caregivers

San Luis Obispo, CA – Are you finding that stressful interactions with students or coworkers are impacting your effectiveness? Are you yearning for more ease and support in handling challenging students? United Way of San Luis Obispo County is once again offering courses to support peaceful classrooms and communities. Introduction to Nonviolent Communication (NVC) is a 6 week workshop designed for preschool through ninth grade school teachers and their parents. The course, taught by certified NVC trainer Bob Metz, provides a practical framework for acquiring the skills and language tools that support positive, compassionate outcomes. NVC has been proven to increase trust, strengthen student interest and improve classroom teamwork, creating a more effective educational setting for all.

Classes begin on January 18th, and are held each Wednesday evening through February 22nd. Classes meet at the San Luis Coastal Unified School District Adult School from 5:00 to 7:00 p.m. The cost of the class is \$150, and there is a \$90 scholarship available for teachers. Class size is limited, and participants are encouraged to sign up by January 5th. A registration form is available at www.unitedwayslo.org. All work is based on the Principles of Nonviolent Communication, and the book of the same title, by Marshall Rosenberg, Ph.D., founder of the Center for Nonviolent Communication. Participants will also receive a copy of the book, included in the cost of the class.

Upon completing the class, parents, teachers and caregivers will begin the practice of recognizing the value of and the basics for: hearing what students are really trying to say; recognizing empathetic connection with what another is feeling and needing; expressing regret without losing respect from students; learning how to tell the truth without fear or blame; hearing the needs of students behind challenging behaviors; making clear, doable, present moment requests of students; and expanding capacity to become more able to relate effectively in the classroom environment.

“Through the principles and practice of NVC, parents and teachers are able to hear the needs behind challenging behaviors, like bullying, and help youth express regret without feeling bad about themselves in the process,” said United Way of San Luis Obispo County CEO Rick London. “Our goal is to prevent and reduce emotional stress by teaching the principles of diplomatic communication to those that interact with children and youth on a regular basis.”

Maximizing the individual potential of all children requires a safe learning environment, the support of parents and the cooperation of students. United Way of San Luis Obispo County is focused on the building blocks for a good life—education, income, and health—because we all win when a child succeeds in school, when families are financially stable and when people are healthy. Learn more about this and other United Way programs online at www.unitedwayslo.org or by calling (805) 541-1234.

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This news release is available on the United Way of San Luis Obispo County website at
<http://www.unitedwayslo.org/News/index.html>