

Compassionate Communication in the Classroom and Beyond.

Tools for Building Meaningful, Authentic, and Effective Relationships

Presented by

Edmundo Norte

Office of Diversity / Institute of Community and Civic Engagement

ANTICIPATED AGENDA

- I. Grounding / Introductions / Overview
- II. “Conocimiento Activity”: Quienes Somos y Quien Somos
 - A. Warm Up (Think, Pair/Triad, Share Format)
 - B. Whole Group Harvesting
- III. Conceptual Tools Frame and Ground Our Work
 - A. The Compass rather than The Clock
 - B. The Medicine Wheel: Mental, Emotional, Physical, Spiritual
 - C. Language as a Tool for Personal and Social Transformation
 - D. Relational Aikido, Relational Alchemy
- IV. Principles of Compassionate / Nonviolent Communication
 - A. What if . . . ? Transformative Principles for Human Connection
 1. Key Assumptions and Intentions of NVC
 2. What is your vision of the ideal world?
 - B. Tia Concha and Tio Carlos Activity
 - C. Exercising Empathy and Emotional Intelligence: Empathy Poker
 - D. Observations, Feelings, Needs, and Requests / NVC Tree of Life
- V. Compassionate Connection in the Classroom: What makes a difference
- VI. A Developmental Approach to Humanizing Social Justice Work
- VII. Q & A / Role Plays / Connecting Dots
- VIII. Reflection & Harvesting Process
- IX. Appreciations and Closing Ceremony

Compassionate Connection ☯ *Critical Awareness*