



Transforming Conflict at Home and Beyond Using Nonviolent Communication

With Aya Caspi, CNVC Certified Trainer of NVC

To view Aya using the skills she will teach:

[Speaking About the War in Gaza Without Recreating It Between Us \(youtube video\)](#)

Come learn how to transform conflict by applying Nonviolent Communication consciousness and skills and reclaim togetherness amid separation and polarization.

Virtual Zoom Classroom; a recording of each class will be sent to participants.

October 1, 8, 22, 29 (4 Tuesdays) 6:30pm to 8:30pm CT

Sessions to support practice and integration, will be held October 15th, 6:30pm-8:30pm (and possibly one other date TBA) led by HNVC board members.

Class will include slides presentation, modeling in the big group using live situations and practice in small groups.

Using live examples from participants, we will

- Demonstrate and practice the internal and external skills to support healing and reconciliation under conditions where there is a break in trust.
- Access everyone's humanity and create a field of innocence beyond 'right-wrong' and 'either/or'.

- Access and embody people's vulnerable truths in moments when they are most likely to hide behind their protections.
- Translate judgments, threats, demands and criticism into feelings, longings, “please and thank you” to help open hearts and make choices that are likely to care for everyone, yourself included.
- Hold everyone's choice firmly, and compensate for power differences, so that everyone's voices and needs are included and peaceful agreements are made based on true willingness with no coercion or giving up.

Registration: Suggested sliding scale \$100 to \$275;

Young adults from age 18 to 25, pay \$5.00

Register [here](#):

Offering a sliding scale helps us include those without the financial resources to participate. Please choose an amount within your willingness and capacity and without compromising your basic human needs.

If you have the capacity, contributing more helps sustain Aya's work and helps HoustonNVC to offer more scholarships to youth under age 25. What you donate over \$275 is tax deductible.

About **Aya Caspi**, CNVC Certified Trainer, The Center for Nonviolent Communication

Based in Northern California, Aya Caspi brings her unique blend of vision, practical clarity, and deep commitment to the transformative power of Nonviolent Communication (NVC) to settings as varied as schools, colleges, parenting, couples counseling, mediation, nonprofit organizations, social change communities, and media. Aya has served as an educational consultant on several preschool series, creating original curricula and advising on show development and scripting. Her client list includes Warner Bros., Discovery Media, 9 Story Media Group, Cartoon Saloon, Field Day Entertainment, the Cartoon Network, and HBO Max.

Aya has been sharing the work of NVC internationally via online classes and in-person retreats. She continually grapples with the joys and challenges of being raised in Israel and finds deep open hope in applying NVC to the context of the Israeli-Palestinian conflict.

Aya's website: www.reclaiminglifenvc.com