

WHAT WE SAY MATTERS

Practicing Nonviolent
Communication

REVISED EDITION

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What We Say Matters Practicing Nonviolent Communication

Gina Soleil



What We Say Matters Practicing Nonviolent Communication:

What We Say Matters Ike K. Lasater, Judith Hanson Lasater, 2016-08-09 Drawing from Buddhist and yogic precepts this practical guide offers tools for becoming a better more compassionate communicator at home at work and in the world Have you ever tried to tell someone what you want only to feel misunderstood and frustrated Or hesitated to ask for what you needed because you didn't want to burden the other person Or been stuck in blame or anger that wouldn't go away Judith and Ike Lasater long term students of yoga and Buddhism experienced dilemmas like these too Even though they had studied the yoga principle of satya truth and the Buddhist precept of right speech it was not until they began practicing Marshall Rosenberg's techniques of Nonviolent Communication NVC that they understood how to live satya and right speech In *What We Say Matters* Judith and Ike describe their journey through NVC and how speech becomes a spiritual practice based on giving and receiving with compassion everywhere all the time whether at home at work or in the world Their writing is deeply personal punctuated by their recounts of trial and error success and failure laughter and challenge even in writing this book They guide you through an introduction to NVC with clear explanations poignant examples suggested exercises and helpful resources With practice you'll learn new ways to Extend empathy to yourself and others Distinguish between feelings and needs Make requests rather than demands Choose connection over conflict Create mutually satisfying outcomes

Summary of What We Say Matters - [Review Keypoints and Take-aways] PenZen Summaries, 2022-11-28 The summary of *What We Say Matters Practicing Nonviolent Communication* presented here include a short review of the book at the start followed by quick overview of main points and a list of important take aways at the end of the summary The Summary of *What We Say Matters* is a guide to communicating with compassion openness and honesty and it was published in 2009 These ideas explain how to connect with your own needs as well as the needs of others while speaking in a way that clearly conveys your feelings without causing anyone else to suffer *What We Say Matters* summary includes the key points and important takeaways from the book *What We Say Matters* by Judith Hanson Lasater Ike K Lasater Disclaimer 1 This summary is meant to preview and not to substitute the original book 2 We recommend for in depth study purchase the excellent original book 3 In this summary key points are rewritten and recreated and no part text is directly taken or copied from original book 4 If original author/publisher wants us to remove this summary please contact us at support@mocktime.com

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Rosenberg's techniques of Nonviolent Communication (NVC) that they understood how to live satya and right speech. In *What We Say Matters*, Judith and Ike describe their journey through NVC and how speech becomes a spiritual practice based on giving and receiving with compassion everywhere all the time, whether at home, at work, or in the world. Their writing is deeply personal, punctuated by their recounts of trial and error, success and failure, laughter and challenge, even in writing this book. They guide you through an introduction to NVC with clear explanations, poignant examples, suggested exercises, and helpful resources. With practice, you'll learn new ways to extend empathy to yourself and others, distinguish between feelings and needs, make requests rather than demands, choose connection over conflict, and create mutually satisfying outcomes.

Collaborating in the Workplace Ike Lasater, 2019-05-01 *Collaborating in the Workplace* arms readers with tips to help teams collaborate and create more powerful outcomes. Focusing on the key skills necessary for effective collaboration along with practical exercises to help improve these skills, the goal of this informative volume is to encourage the creation of connections that lead to powerful communication and better results. The authors cover such topics as how stress impacts daily interactions, ways of listening that create a deeper understanding and connection with others, preparing for practicing and learning from difficult conversations, tricky workplace communication issues that tend to trip people up, such as interrupting, giving feedback, and being clear about requests. With step-by-step exercises and guidelines for practice, readers can learn the skills necessary to make any team work better together.

Trauma-Informed and Trauma-Responsive Yoga Teaching Catherine Cook-Cottone, Joanne Spence, 2024-06-21 This essential manual meets the increasing need for yoga teachers to be trauma-informed and trauma-responsive and aware of how poses, breathwork, and meditation can impact the body. In detailing all aspects of trauma as it relates to yoga teaching, this guide lays a strong foundation in fostering trust and building authentic connections with students safely and confidently. Yoga teachers will benefit from a number of yoga practices for self-regulation, self-determination, and agency, as well as guidance on polyvagal theory, communication, setting boundaries, and yoga teacher self-care. It also includes a de-escalation protocol for in-session trauma responses and how to cultivate a trauma-informed teaching environment. Written by an internationally renowned author duo, this is a universal resource for yoga teachers looking to empower themselves and their clients from all demographics and in all settings.

Stories of Hope Sandra Abegglen, Tom Burns, Richard F. Heller, Rajan Madhok, Fabian Neuhaus, John Sandars, Sandra Sinfield, Upasana Gitanjali Singh, 2025-07-02 Higher education is in crisis. Students are disengaged, lecturers are burned out, and universities seem more preoccupied with rankings and revenue than with knowledge and wellbeing. But rather than dwell on the problems, this book focuses on solutions and hope. Bringing together a diverse range of educators and practitioners, this collection showcases real-world innovations that challenge the status quo and offer glimpses of a more humane and inspiring educational future. From rethinking systems and curriculum design to fostering imaginative collaboration and exploring the role of technology, the book highlights practical, hopeful interventions that are already making a difference. This is not a

manifesto of complaints but an invitation to reimagine education The contributors offer fresh perspectives from around the world illustrating how small but meaningful changes can transform learning spaces empower educators and inspire students For academics teachers administrators and anyone invested in the future of education this book serves as both a source of inspiration and a call to action It is an evolving ecosystem of ideas grounded in practice rich with possibility and rooted in radical hope Now is the time to create the change we wish to see *Fuel Your Business* Gina Soleil,2013-12-30 The next generation resource for leaders demonstrates the need for the intersection of human energy overall well being and value based leadership Jean Nitchals partner Niche Solutions LLC Gina Soleil takes you through a thought provoking journey on how to transform your business into a haven of productivity Using the science of energy Gina gives you a step by step roadmap for building a business that s fueled to win in today s market Soleil reveals the intersection between human energy and business exposing the truth about how to attract what you want energy action and profits Human energy is the door of opportunity for business As the demands of our connected world increase people no longer have the energy they once had to be fully engaged productive and innovative in the workplace leaving business leaders in search of a solution In *Fuel Your Business* you will discover life and business changing keys to success such as How the science of energy is the secret to profit How to free your business from toxic energy that wants to hold you back How taking the assessment and knowing your score will put your business on the performance fast track How to attract the energy you want now Brilliant in the way few books are These ideas will revolutionize how we look at business economics public policy and so much more Jennifer Hovelsrud corporate communications UnitedHealth Group When business leaders escape their preconceptions and embrace her energy centered approach we ll all enjoy a transformation in American business culture James Matheson president and partner Network Medics Inc *Awaken to Joy* Laura Erdman-Luntz,2010-07-31 In today s over busy over fed under rested and competitive world we all need the clear wisdom we find in *Awaken to Joy* Thanks Laura for showing the way Judith Hanson Lasater Ph D PT What if joy was tangible with specific easily defined steps you could take to create it for yourself It is What if we could shift our attitude by just making some small changes in what we do in our every day You can This book is your guide to helping you move beyond the ordinary and showing you how to bring greater peace into your life creating more open and loving relationships with your friends and family finding harmony with your co workers and joy in your work and bringing more patience love and compassion to your relationship with your spouse and children Now is the time to feel more joy in your life Each chapter gives you an area of your life to consider including ideas for deepening your study and discussion questions to use if you have a group with which you are reading the book The author also has online assistance for you such as free weekly quotes and free ebooks to further inspire you You can also register for the online program and receive a weekly eNewsletter with more ideas for cultivating your joyful nature Check www.AwakenToJoyProgram.com for more information To learn more about the author go to www.MuseLaura.com **Graduating from Guilt** Holly Michelle

Eckert,2010 Through a simple step by step progression this handbook provides individuals with the means to learn how to quiet their inner critic and to experience forgiveness self acceptance and empowerment Employing a methodology rooted in the principles of nonviolent communication the process lays out a path for achieving freedom from toxic and emotionally draining guilt blame and shame Examples of real world situations enable individuals to visualize how they like others can forgive themselves for past mistakes and successfully mend broken relationships **The Joy of Movement** Mary Lynn Hafner,2019-01-08 The Joy of Movement is a movement activity book with a therapeutic perspective A combination of old and new games to create a purpose driven physical motor curriculum Each activity is tried and kid tested This well organized and easy to use book includes fun developmentally appropriate activities that foster physical development and build self esteem The activities are built around developmental motor milestones and are flexible enough to encourage skill development for a variety of learners

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