



2022
**RURAL
TALKS TO
RURAL**
CONFERENCE

Explore the art of Nonviolent Communication at the 2022 Rural Talks to Rural Conference.

The theme for "R2R22" is Rural Today/Rural Tomorrow: taking stock of where we are now, and imagining what a roadmap to where we are going could look like.

Session 1

Increasing self-awareness and emotional resilience during difficult times:

- Identify patterns of communication and events that generate frustration and anger and work on ways of relating to these situations with more skill and more choice.

Thursday, October 20, 2022
1:00 pm - 4:30 pm

The Barn, Brussels

Session 2

Applying Nonviolent Communication to interpersonal dynamics:

- Identify conflict patterns: Explore thoughts & people we associate with conflict.
- Learning about two conflict resolution frameworks.
- Explore the synergistic relationship between trust, creativity and conflict.

Friday, October 21, 2022
8:30 am - 12:00 pm

Libro Community Centre, Clinton

Session 3

Applying Nonviolent Communication to teams:

- Learn about conflict response systems and feedback processes
- Increase current understanding about power dynamics and increased facility in naming and navigating these dynamics
- Foster group cultures focused on appreciative inquiry and celebration

Friday, October 21
1:00 pm - 4:30 pm

Libro Community Centre, Clinton

Each session will build upon the preceding session and will include experiential exercises, small group work, role play and time for Q&A.

About the Facilitator | Kit Miller

Kit Miller is Director Emeritus of the *MK Gandhi Institute* who served in that role from 2009 until 2021. The work and reach of the Institute expanded greatly under her stewardship. Prior to the Institute, she worked as director/celebrator of Bay Area Nonviolent Communication in Oakland, California. Kit served on the board of the Center for Nonviolent Communication from 2000-2005, including two years as board president.

In addition to a part time role at the Gandhi Institute, Kit serves as a consultant, facilitator and educator for organizations within and outside the US. She brings 15+ years of lived experiences as a leader and manager utilizing nonviolent communication, restorative practices, and anti-racism in organizational life. She volunteers on several projects related to court and justice reform.

Kit has taught hundreds of groups world-wide in workshop and retreat settings. Kit has an MA from Goddard College and a BS from Cornell University.

Registration

\$100 - lunch and taxes included!

Please note that this rate covers only the Thursday and Friday NVC sessions.

Space is limited. Registration is first-come, first-served and closes on **Monday, September 19**.

To register visit:

To learn more about these sessions and the Canadian Centre for Rural Creativity's Rural Talks to Rural Conference visit:

www.ruralcreativity.org/rural-talks-to-rural-conference-2022/