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香港中文大學新亞書院
New Asia College, The Chinese University of Hong Kong



香港中文大學逸夫書院
Shaw College, The Chinese University of Hong Kong

SPEAKING THE TRUTH WITH CARE: AN INTRODUCTORY WORKSHOP ON NONVIOLENT COMMUNICATION

Nonviolent Communication, NVC for short, is more a consciousness than a set of techniques. It supports us to establish connection with ourselves and others so that we can choose to receive and give from our heart to enrich the wellbeing of all.

The workshop will share NVC's 4 basic components for listening and speaking, which help establish deeper empathic connection with others and translate blames and criticisms into the language of needs.

Speaker: Dr. Joseph Cho

Dr. Joseph Cho, a.k.a siu CHO, is a full-time lecturer at Gender Studies Programme, CUHK. He is a candidate for certified trainer of the Center for Nonviolent Communication.



Date: 26 October 2021 (Tuesday)

Time: 6:30pm to 9:30pm

Venue: Yun Chi Hsien (雲起軒), New Asia College

Quota: 40

**Target: Students of New Asia College and Shaw College
(Priority for first year student)**

Deposit: HKD \$200 (Refundable upon completion of workshop)

Language: English

Deadline:

12 OCT 2021

Enrollment

New Asia College



Shaw College



Diversity & Inclusion
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**Enquiry: New Asia College - Ms. Amy Yip (3943 1619/ amyyp@cuhk.edu.hk)
Shaw College - Mr. Kay Chan (3943 4281/ kaychan@cuhk.edu.hk)**