

Attend a free public forum and brown bag lunch:

*Sponsored by the Center for Alternative Dispute Resolution*

## **DEFUSE CONFLICT WITH NONVIOLENT COMMUNICATION**

Nonviolent Communication, also referred to as Compassionate Communication or Collaborative Communication, is a process where one learns how to: (1) Break patterns of thinking that lead to arguments; (2) Transform conflict into solutions that both parties can live with; and (3) Move beyond power struggles to cooperation and trust. Lisa Jacobs, a Collaborative Attorney and Mediator, will describe the core components of Nonviolent Communication and invite participants to practice using the tools that will be provided at this forum.

**Tuesday, February 10, 2015, Noon to 1:00 p.m.**

**Aliiolani Hale, 417 South King Street, Multi-Purpose Room 101**

**To reserve a seat, request disability-related accommodations, or obtain directions,  
please call the Center for Alternative Dispute Resolution at 539-4237.**

*The Hawaii State Judiciary does not warrant the accuracy or completeness of the information  
provided by the speaker. Nor do the speaker's remarks necessarily reflect the opinions of the Judiciary.*



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