

Selene Aitken

Selene Aitken's credentials include a B.S. in Languages and Linguistics from Georgetown University; a Masters in Education from Stanford University; certification as a trainer with the Center for Nonviolent Communication and with the National Coalition Building Institute. She is certified as a mediator by the Oregon Dispute Resolution Commission.

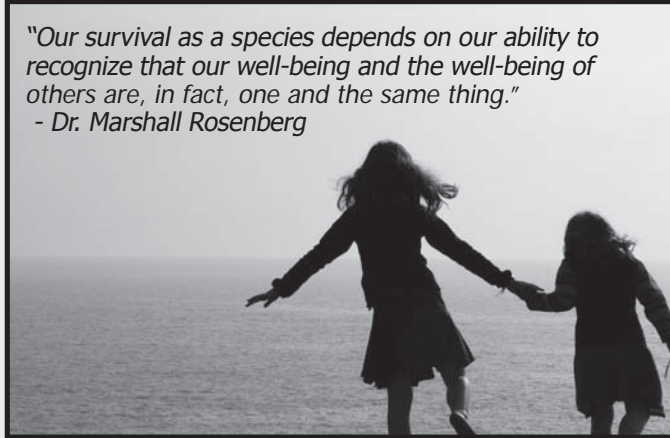
Her work experience ranges from management to mediation and education. She has managed a non-profit peace and justice center affiliated with the Fellowship of Reconciliation; two natural foods stores; and a successful family business. She served as a mediator in the Small Claims Court Program in Oregon for seven years. For thirty years, she worked in public education, teaching and counseling students from elementary through university level.

Selene, mother of two sons, has lived in Ashland, Oregon since 1985.



Communication Skills for Living and Making Peace

*"Our survival as a species depends on our ability to recognize that our well-being and the well-being of others are, in fact, one and the same thing."
- Dr. Marshall Rosenberg*



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the dance of communication

The Dance of Communication





*"Peace is not merely a distant goal that we seek,
but a means by which we arrive at that goal."
- Dr. Martin Luther King Jr.*

Services

We offer training and coaching in Compassionate Communication "the language of the heart." Developed by Dr. Marshall Rosenberg, these principles and tools serve to transform blame and criticism into openness and understanding, supporting a vision of the world where everyone's needs are met peacefully.

- Enjoy effective communication with family members of all ages.
- Increase cooperation and harmony in the work place.
- Revitalize trust and honesty in intimate relationships.
- Cultivate compassionate connection with yourself and others.
- Free yourself of habitual reactivity.



Classes

- Foundation Skills
- "The Next Step" for advanced beginners
- Refresher classes

Workshops

- Introduction to Compassionate Communication
- "The Next Step"
- Mindfulness and Compassionate Communication



One-on-one private coaching

Mediation with individuals, couples and groups



Tools To Create Compassionate Connection

When Speaking

Observation: *When I see/hear...*

Feeling: *I feel...*

Need: *Because I need/value...*

Request: *Would you be willing to...?*

When Listening

Feeling: *Are you feeling...?*

Need: *Because you need/value...?*

Some Basic Needs We All Share

acceptance appreciation autonomy beauty belonging choice clarity communication community connection contribution creativity ease empathy equality expression freedom fun growth harmony honesty integrity interdependence intimacy love meaning nurturing order peace physical well-being play purpose safety support touch trust understanding

When Our Needs Are Met We May Feel

affectionate amused animated complete confident content dazzled delighted eager ecstatic encouraged enthusiastic excited fulfilled grateful happy hopeful inspired joyful moved peaceful pleased relaxed relieved satisfied thrilled

When Our Needs Are Not Met We May Feel

afraid angry annoyed anxious appalled bored concerned confused despairing discouraged disappointed empty frustrated furious grieving hurt irritated lonely outraged overwhelmed remorseful sad troubled uncomfortable weary