

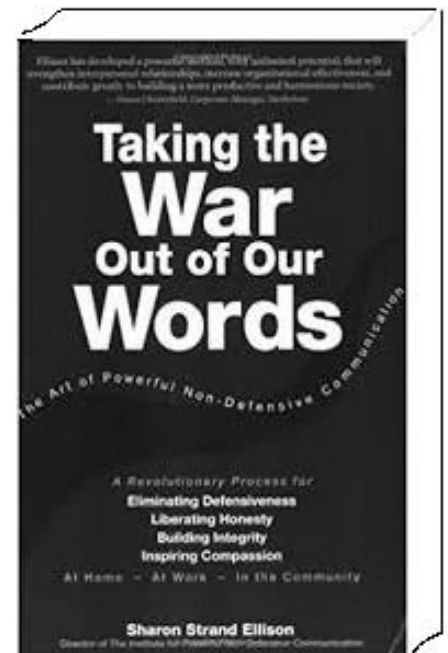
# Taking the War Out of Our Words

A four-hour workshop with  
Sharon Strand Ellison

- Who:** Sharon Strand Ellison, author and communication consultant  
**What:** The art of powerful non-defensive communication  
**When:** Sunday, September 24, 1 PM to 5 PM  
**Where:** Unitarian Universalist Church of Palo Alto  
505 East Charleston Road, Palo Alto  
**Cost:** \$20 donation requested;  
nobody turned away for lack of funds

Has anyone ever asked you a pointed question or said something with which you strongly disagree, and you felt torn between responding with a verbal counterattack or urgently thinking of ways to change the subject?

There is another way – *nondefensive communication*. It is not a technique for winning arguments. Rather, it is the path of verbal disarmament. It lets you be open, honest, and authentic in a way that is freeing, disarming and powerful.



Come to this workshop and get "hands-on" experience with nondefensive communication from a master teacher, Sharon Strand Ellison. She will teach you the principles and give you hands-on practice at taking the war out of your words.