

## Transformative Conversations

**Roberta Wall, JD, will facilitate your organization's and community's difficult conversations and communications with skill, humor, non judging presence and inclusiveness.**

**Roberta has facilitated, coached and mediated hundreds of** encounters within families, communities, organizations, businesses, litigants and opposing groups. As a trained mediator, lawyer and practitioner of Nonviolent Communication and Mindfulness, Roberta skillfully guides clients through the most challenging conversations, issues and planning.

In each session, Roberta will hold the space for everyone to be heard by fostering the quality of listening with curiosity. When we listen to each other with curiosity and with the intention to understand what is important to the other person, new connections and new solutions will naturally arise.

As a trained "third sider" Roberta will be an advocate for the needs of each participant in the room. She will assist each person in expressing what is important to them, guide listeners to hearing what is important, track the inclusion of everyone present, and track possibilities for new understandings, connections and strategies.

These **Transformative Conversations** are facilitated dialogues and strategizing sessions which offer participants the *experience* of creating new shared understanding and vision of each other that lead to actual steps to transform ourselves, conflicts and systems.

The needs and experiences of everyone in the room are valued, included and integrated into the discussion and decision making.

### **What is Nonviolent Communication?**

Nonviolent Communication (NVC) is a way of meeting each other that **builds connections** powerfully, compassionately, authentically, and with clarity. It builds capacity to express ourselves in language that doesn't involve blame or attack and shows us how to listen to the underlying values or needs which are important to people even when they express themselves in difficult or hostile ways. NVC then builds on the new connections and understanding that arise to explore solutions and strategies that address everyone's needs.

Nonviolent Communication is being used in conversations, conflicts and settings worldwide by communities and organizations, activists, leaders, parents, educators, doctors, social workers, managers and others to improve their work and home life and bring about the changes they want to see in the world.

## What is Mindfulness?

Mindfulness, or mindful awareness, is the practice and capacity to stay present with whatever arises, without judging, blaming, analyzing or changing. The energy of Mindfulness, when brought into conversation, creates a safe space for honest and crisp sharing and compassionate listening.

## Participation in Transformative Dialogues offers the opportunity to:

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See conflict as an opportunity to connect more deeply with yourself and others.  
Use empathy as a tool for empowerment, not submission.

Express your authenticity clearly and powerfully without blame, criticism, or attack  
Increase mutual respect and trust in communication.

Manage strong emotions such as anger, shame and guilt when they arise in you and learn how to respond constructively when expressed by others.  
Find inspiration for action in hope and love, not fear or anger.



**Roberta Wall, J.D.** (United States) [www.steps2peace.com](http://www.steps2peace.com)

As a peacemaker, activist, facilitator, attorney and coach Roberta Wall works with organizations, institutions, individuals, families and communities to create effective and healthy communication and problem solving in the USA and the Middle East. Roberta is a certified trainer with the Center for Nonviolent Communication. [www.cnvc.org](http://www.cnvc.org)

Email: [info@steps2peace.com](mailto:info@steps2peace.com)

blog: [robertaindia.wordpress.com](http://robertaindia.wordpress.com)