

# The Art of **TALKING & LISTENING**

**C**ommunication is a skill people often take for granted and therefore don't fully develop. Gratifying communication is more than a mechanical technique. It is an *art* that can be learned. Even minor changes can lead to strikingly better love and work relationships.

**B**lending research from multiple disciplines, communication specialists **Dan Clurman, M.A.** and **Mudita Nisker, M.A.** have developed a provocative program, *The Art of Talking & Listening*, that can awaken you to the possibilities of increased communication skills.

**C**lurman & Nisker, communications trainers for over 20 years, have designed this weekend program to teach you concrete communication skills you can start implementing immediately — with your co-workers, parents, children, partners and friends. *Join us!*

**I**f you want to continue your practice, three optional half-day workshops will be offered: *Working with Boundaries*, *Detecting Assumptions — Yours & Others* and *Giving & Receiving Criticism*. Call for more information.

**Dan Clurman** and **Mudita Nisker**, based in the San Francisco Bay Area, have led communication trainings for NASA, Wells Fargo Bank, San Francisco Transit Authority and many other corporations. They've also worked with many non-profit organizations, including Spirit Rock Meditation Center in Northern California and United Way. They co-authored the book *Money Disagreements: How To Talk About Them* and lead workshops on this topic. They both are coaches focusing on communication and life transition issues.

**Dan Clurman, M.A.**, is an associate professor in the Psychology Department of Golden Gate University in San Francisco. He has led communication training workshops in California and nationally since 1982 and is co-editor of *Conversations with Critical Thinkers*.

**Mudita Nisker, M.A.**, is a licensed Marriage and Family Therapist in private practice in Oakland. She founded and currently directs two communication skills training programs: *Communication Options* and *Communicating with Kids* {for parents and educators}. She has conducted training workshops in California and nationally since 1980. She is a parent and musician.



**Saturday and Sunday, May 5 & 6, 2012**

10am – 4:45pm both days

Location: Oakland near Rockridge BART

**\$280 per person \$495 per couple or pair**

**Registration and \$75 deposit due by 4/25/12 -- Enrollment is limited**

*11 C.E.U. hours and partial scholarships available.*

*Individual coaching sessions are available by appointment*



*Dan Clurman & Mudita Nisker*

## **THE ART OF TALKING & LISTENING**

***In this workshop you will learn how to:***

- \* Send clear, concise messages that invite cooperation
- \* Express feelings that are difficult to share while maintaining good will
- \* Understand another's viewpoint without necessarily agreeing with it
- \* Improve listening skills even in challenging situations
- \* Experience more compassion for yourself and others
- \* Give and receive criticism skillfully
- \* Develop non-verbal skills that reinforce spoken messages

*For more information, please contact*

Dan or Mudita  
510 547-2380

**[www.comoptions.com](http://www.comoptions.com)**