



TA Study Circle (Madras)

B-4, Ganesh Apartments, 34, D'Silva Road, Mylapore, Chennai 600004.

Invites you to our May 16, 2014 meeting.(16/05/2014 – 6.15p.m.)

Kindly note the change in meeting date this month. It is on 3rd Friday.

Day, Date & Time: Friday,
May 16 , 2014 - 6.45 p.m.
to 8.30 p.m.
(Tea/Snacks:6.15 p.m.-
6.45 p.m.)

Venue: Nahar A/C Hall,
First Floor, Deshbhandu
Plaza No.47, Whites Road
, Chennai 600014.

This program is FREE for
MEMBERS. Guest Fee:
Rs.150/-only per
person.

“Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him - *Martin Luther King, Jr.*

Have you wondered why is it that people do not understand what we say, hear things we did not say, and why we feel we are not understood? We are more often than not misunderstood by our own family members, colleagues with whom we live and work. Sometimes we don't say what we feel, not because we don't want to, but because we don't know how.

Without intending to be violent, very often violence creeps in our communication. Non-violent communication is a tool we can use with awareness to connect harmoniously to people.

How to communicate non-violently is the focus for our monthly meeting on May 16, 2014. We can practically learn to become aware of how violent we are in our communication and how can we start becoming non-violent.

Nonviolent Communication (abbreviated **NVC**, also called **Compassionate Communication** or **Collaborative Communication**) is a tool and a communication process developed by [Marshall Rosenberg](#) beginning in the 1960s. NVC is based on the idea that all human beings have the capacity for compassion and only resort to violence or behaviour that harms others when they don't recognize more effective strategies for meeting needs.

It focuses on three aspects of communication: *self-empathy* (defined as a deep and compassionate awareness of one's own inner experience), *empathy* (defined as listening to another with deep compassion), and *honest self-expression* (defined as expressing oneself authentically in a way that is likely to inspire compassion in others).

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Speaker: Dr. Sumathi Narayanan

Time: 6.45 p.m. to 8.15 p.m.

Dr. Sumathi Narayanan, President, Creative Communication & Management Center is a Doctorate in Human Development from Department of psychology. University of Madras. She is a founder member of TA Study Circle ,Madras. She has taken the advanced training in Transactional Analysis with ITAA. She is a co-trainer for Basic practitioner program in NLP with NFNLP, USA.

She is a “D to D”- “Design to Delivery” Trainer. Her professional experience spans over three and a half decades in designing and conducting training programs for public, corporates, educational institutions and NGOs.

<p>Dr. Sumathi Narayanan Secretary +919841014626 ccmc@eth.net</p> <p>Kalpana Suryakumar Treasurer +919962041978 Kalpana_surya@hotmail.com</p>	<p>Her training extends right from Basic Entry level to middle management and senior management. She conducts workshops on :- Communication Skills, Speaking and Presentation Skills, Effective Listening Skills, Fast Reading and Memory Efficiency, Building Effective Teams, Interpersonal Relations using Transactional Analysis (TA), Personal Effectiveness Program using TA, NLP , Train the Trainer - focusing on Design to Delivery, Coaching and Mentoring, Leadership and Change Management, Quality Teaching Skills.</p> <p>She is the recipient of Best Senior faculty award thrice by Elite School of Optometry (part of Shankara Nethralaya) affiliated to BITS, Pilani. She has been conferred the Life Time professional Achievement Award by her Alma Mater J B A S College for Women and a Scroll of Honour for Life Time Achievement and Service by Elite School of Optometry.</p>
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This program is FREE for MEMBERS. **Guest Fee: Rs.150/-**only per person.

YOUR KIND ATTENTION PLEASE!!!!!!! Conference Info:

SAATA - South Asian Association of Transactional Analysis is organizing the International Conference on Transactional Analysis
Theme :

You and I : Where do we meet ?

from September 26th to 28th September 2014 at Coimbatore. Contact :Asha Counselling and Training Services Relations Institute of Development Ph : 0422 2310520; 87540 31052 _EMail : infoashakovai@gmail.com

Web : www.saata.org

Members are welcome to attend and benefit.

Categories of Membership:

We appreciate your renewing your membership for the next year. Please send your cheque favouring "The TA Study Circle (Madras)" to our treasurer: Ms. Kalpana Surya Kumar, 'Sunrise', No.21/2, Venkatachalam street, 1st flr, Purasawalkam, Chennai 600 007.

Individual Rs.900/- & Spouse Rs.700/- Long Term Membership: Rs.9000/- (15 Years). Corporate (four members): Rs.5000/- . Registration Rs.100/- extra.

All Members including Life members are requested to send us your full mailing address, phone numbers and your email IDs.