



# Crisler Coaching & Consulting Calendar – Fall, 2014

Workshop Name	Intention	Date	Time	Duration	Fee (excl. 21% BTW)	Led by
<b>CCC OPEN HOUSE</b>	Be heard & get to know Cara / her services: <ul style="list-style-type: none"> <li>• personal coaching</li> <li>• communication training</li> <li>• mediation</li> <li>• Mothers' Circles &amp; weekend retreats</li> </ul>	every Friday, by appt	9:00 – 17:00	1-hr first appt., (followed by 1.5-hr sessions)	first appointment is free, unless you go for a full coaching trajectory	Cara Crisler
<b>Mothers' Circle*</b> (for international moms)	In a safe, sharing, community, learn: <ul style="list-style-type: none"> <li>• deeper personal insights</li> <li>• self-connection, self-care &amp; balance</li> <li>• empathy skill-building</li> <li>• compassionate communication</li> <li>• topics: judgment, anger, shame, guilt</li> </ul>	every other Tues, starting 23 Sept	20.00 – 21.30	6 group sessions (9 hrs)	€100 per person (or €175 with 1 ind. session)	Cara Crisler
<b>CONNECT with yourself, with others*</b> (for English-speaking adults)	Using real life scenarios, practice & learn: <ul style="list-style-type: none"> <li>• authenticity</li> <li>• compassion, empathy skill-building</li> <li>• recognizing alienating language</li> <li>• the basics of <i>Nonviolent Communication</i></li> </ul>	Fridays, starting 19 Sept	noon – 13.30	ongoing	1st session free, then €20-€30 per session	Cara Crisler
<b>Dealing with the Dutch: transforming directness/ judgment into connection*</b>	Using real life scenarios, practice & learn: <ul style="list-style-type: none"> <li>• personal emotional resilience</li> <li>• what to say back</li> </ul>	30 Sept 11 Nov	19.30 – 21.30	2 hours	€30 per person	Cara Crisler
<b>Connecting via Communication*</b>	Learn & practice: <ul style="list-style-type: none"> <li>• the basics of <i>Nonviolent Communication</i></li> <li>• recognizing alienating language</li> <li>• compassion, empathy skill-building</li> <li>• connecting with self and with others</li> </ul>	28 Oct	19.00 – 21.30	2.5 hours	€30 per person	Cara Crisler
<b>Compassionate Parenting: what to do when the heat turns up</b>	Learn to: <ul style="list-style-type: none"> <li>• re-balance when overwhelmed</li> <li>• identify needs in the moment</li> <li>• re-connect with your child</li> </ul>	TBD	TBD	2.5 hours	€30 per person	Cara Crisler & Julie Sharon-Waghals
<b>Mothers' weekend retreat</b>	Take a break, share, connect, grow, re-set	Jan '15	TBD	Fri - Sun	TBD	Cara Crisler

\*Location: Holistisch Centrum Leidsestraat (106-108); up to 10 participants per session