

Respectful Confrontation:

The Practice of Compassionate Engagement

A Weekend Workshop with Joe Weston

Dawn Manor Retreat Center, Livingston Manor, NY
Thursday evening–Sunday afternoon, August 14–17, 2008

This workshop will shift and reframe your views on Confrontation, Assertiveness, and True Power—leading to more self-confidence and peaceful interactions with others.



How do you:

- **ask for what you want**, take care of your needs and really be heard?
- **assert yourself in both loving** and aggressive situations?
- **express vulnerability** and sensitivity and stay in your own power?

This workshop will shift and reframe your views on Confrontation, Assertiveness, and True Power—leading to more self-confidence and peaceful interactions with others.

The principles offered will be put into action and brought to life—allowing you to embody the teachings—through physical exercises, meditation, basic martial arts techniques, breath work, and interactive role plays.

You will, in a fun and dynamic way:

- **experience your body** in a new energizing and empowered way
- **learn how to set clear boundaries** with confidence
- **deepen your listening skills**
- **overcome personal fears** and insecurities
- **tap into your own True Power** and express your Authentic Self

You will be offered a number of tools for approaching challenging situations with integrity and compassion. This will lead to:

- **greater inner peace**
- **deepening of relationships** and intimacy
- **more effectiveness** and influence at work
- **the resolution of misunderstandings** and the increase of trust

\$495, including food and lodging (financial assistance available)

www.dawnmanor.com

For info and to register:

510-495-4988

www.HeartwalkerStudio.com/workshops.html

JOE WESTON is an experienced **workshop facilitator, life coach, and corporate trainer**. Born and educated in New York, Joe lived in Amsterdam for 17 years, coming in contact with people from various cultures, and working with companies and individuals around the world. He now lives in California. Joe brings a wealth of insight to his work based on many teachings, including **Tai Chi Chuan, Tibetan Buddhism and other spiritual traditions**—plus his experience in theater and various organizational trainings. As initiator of the Heartwalker Peace Project, Joe connects others in many cities who share similar views on peace and violence. He also volunteers for the Liberation Prison Project, teaching Buddhism to inmates. For more info: **www.joeweston.com**.