

SHORT DESCRIPTIONS AND SYNTHESIS

My most valuable assets are my relationships with people. What I want is to be able to connect more authentically and communicate more compassionately with the people in my life. I want to be able to speak, listen, and be heard in a way that honors my emotions and needs, as well as the emotions and needs of others. I find more joy when I communicate and experience life in this manner. If you have the same desire for your life I invite you to read the following short descriptions of the work I have studied, and the synthesis I have created in order to better understand my perspective. In the courses I facilitate you will learn a process that incorporates the body, mind, and heart and learn to:

- Transform potentially disruptive conversations into productive dialogues.
- Change the way of thinking that leads to misunderstanding, anxiety, depression, and anger.
- Make request in a way that everyone is more likely to get what they want.
- Be more aware physically in order to connect with yourself and others more completely.

Compassionate Communication: The intent of Compassionate Communication is to create more satisfying personal interactions. This process focuses our attention on compassion as our motivation rather than fear, guilt, blame, or shame. It emphasizes taking personal responsibility for our choices in improving the quality of our relationships. With this method we learn to honor our values and the values of others by creating solutions based on cooperation, safety, mutual respect, and consensus.

Feldenkrais Method of Somatic Education. The Feldenkrais Method is a system of self-education whose practitioners teach “Awareness Through Movement” classes and private “Functional Integration” lessons: because, to quote Moshe Feldenkrais, “*Through awareness we can learn to move with astonishing lightness and freedom--at almost any age--and thereby improve our living circumstances, not only physically...but emotionally, intellectually, and spiritually.*”

Compassionate Conversation: The intent of Compassionate Conversation is to become aware of the connection between our observations, emotions, and needs so that we can articulate to others what we value and want. It is also the intent of Intimate Conversation to provide the listening skills necessary to understand clearly what others need, value, and desire in order to see how we

can contribute to their life. This awareness is important at all times but is especially important in moments of emotional strain and discord. A bio: Patrick F. Siebert opened the Feldenkrais Center of Austin in 1985 where he leads ongoing classes and sees people for individual sessions. Pat's current focus is formalizing clear insightful experiences to assist people in moving effectively, efficiently, and eloquently.

Pat has been studying Dr. Marshal Rosenberg's method of Compassionate Communication for four years and is in the process of becoming a trainer in that method. His passion in that field is working with organizations, individuals, and couples wanting to fully integrate their ideas, values, and actions by having more satisfying personal and professional interactions.

UNIFIED IN DIVERSITY--dedicated to improving the communication skills of individuals, families, and organizations. Actions that we hold in high regard are, expressing values, being compassionate, integrating ideas, and having fun.