

Being Human Together






Communication That Works for Real Moments at Lakes of Fire

As a volunteer, you may find yourself with people who are overwhelmed, intoxicated, or navigating strong emotions.

These moments can feel unpredictable—and they matter.

This session offers a grounded introduction to compassionate communication with NVC, focusing on OFNR—observation, feelings, needs, and requests—and practicing what actually helps in real situations.

We'll explore how to:

-  **(feelings/needs)** stay connected to yourself and others, under pressure, with curiosity
-  **(observation)** notice what's happening without adding story, and stay curious about what might be underneath
-  **(feelings/needs)** respond in ways that help people feel seen and heard, supporting de-escalation
-  **(requests)** express clear limits and boundaries while staying connected
-  **(needs / integration)** support safety while still treating people with care

This is a hands-on, experience-based session.

You're welcome to participate or simply observe—everything is by choice.