Mandala of Living Interdependence

Engaging Power with Care

Relating with Authority Resources & Strategies of Influence

Offers & Requests ...
Leadership

Communication and Language

Nonverbal Communication

Key Differentiations

Revealing & Inquiring

Empathy

Integrating and Embodying Interdependence

Authentic Choice Self Responsibility Natural Giving Power With

Direct Experience in the Present Moment

Sense Perceptions
Body Sensations
Felt Sense
Basic Aliveness

Awareness of Mental Activity

Object of Attention
Content of Thoughts
Feelings & Needs
Beliefs

with self

Connection

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Adapted by Gregory Rouillard from Marshall Rosenberg's Nonviolent Communication, as presented by Kathleen Macferran