

Communicating Compassionately

A weekend workshop based on the principles of NVC
Nonviolent Communication.



The Workshop

We all have a universal need for connection. This workshop offers a way of communicating that leads us to connect from the heart. We offer a guide of reframing how we express ourselves & hear others. Instead of using habitual automatic reactions, our words can become conscious responses based firmly on an awareness based on what we are perceiving, feeling & wanting.

You will learn the the language & skills of Nonviolent Communication (NVC) to empathically connect to your needs & the needs of others in order to resolve conflict peacefully.

This workshop is based on the work of Dr Marshall Rosenberg (founder of NVC)

- *Develop & foster supportive relationships at home, with friends & work colleagues.*
- *Break patterns of thinking that can lead to anger, arguments and depression.*
- *Learn the skills of giving & receiving empathy.*
- *Learn the power of connecting to your own needs.*

When: 3rd & 4th March 2018

Where: Venue TBC - HAMILTON

Time: 9am to 5pm

Investment: \$295 per person. (Earlybird \$245 if paid by 5 February). Bring a friend for \$245.

To Register: deb@meditatinggiraffe.co.nz or 0273410000

Payment: The Meditating Giraffe LTD.
02-0110-0058043-00 BNZ

Facilitated by Wayne Prince & Deb Hipperson.
www.meditatinggiraffe.co.nz

