

Communicating Compassionately

A 1 day introduction workshop based on the principles of Nonviolent Communication.



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.

Get a full day workshop to learn & practice the language & skills of Compassionate Communication to empathically connect to your needs & the needs of others in order to resolve conflict peacefully.

This Introduction 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: Saturday 28th July 2018

Where: Mind & Body, 395A Manakau Road, Epsom, Auckland

Time: 9:00am to 5pm

Investment: \$145 p/p (1 day). If attending Couples Day - \$250 p/p. Meditating Giraffe LTD. 02-0110-0058043-00 BNZ

Registration: deb@meditatinggiraffe.co.nz or 0273410000.

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

