

# Communicating Compassionately for Couples

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



## The Workshop

Intimate relationships are often challenging. We can hold our values of honesty and caring and still end up in a barrage of words that lead to disconnection & pain. This workshop is designed for you and your partner to spend time with each other, receiving support to practice the skills of NVC that naturally opens your heart & leads to a fulfilling relationship.

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

- *Break patterns of blame, criticism & anger*
- *Make clear observations, connect & communicate your feelings & needs with your partner & hear theirs*
- *Give & receive empathy*
- *Make clear requests*
- *Support the growth of a loving & caring relationship*
- *Build a support network for your relationship*

**When:** Sunday 29th July 2018

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

**Time:** 9am to 5pm both days

**Investment:** \$145 p/p. \$250 if attending both days.

**To Register:** [deb@meditatinggiraffe.co.nz](mailto: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](http://www.meditatinggiraffe.co.nz)

