

## A Creative Interactive Communication Workshop

You are invited to attend this **Introduction to Nonviolent Communication (NVC)**, also known as Compassionate Communication.

This unique language of the heart will transform the way you relate to yourself and other people, including friends, partner, family members, colleagues, clients, customers – everyone, in fact. It is particularly useful for those ‘difficult-to-hear’ comments.

**“Judgements, criticism and violence are tragic expressions of unmet needs.”**

Dr. Marshall B. Rosenberg

NVC  
is based on the  
following principles:

- ♥ ***Everything we do is an attempt to meet a need***
- ♥ ***We have the same human needs***
- ♥ ***It is possible to be empathic with everyone***

Learn to observe what is happening without judging or blaming; connect your feelings with needs, rather than other people’s behaviour; Empathise with others thoughts, feelings and needs, and make clear requests that can be met in mutually satisfying ways. After this workshop you will be able to use NVC to bring more empathy, kindness and harmony into your personal and professional relationships.

*“I found Nonviolent Communication to be the best workshop I have ever attended. It has opened up a deeper way of communication both professionally and personally.” Steve K. - Teacher*

**Facilitator:** **Guhyasiddhi** (aka **Stephen May**) has trained intensively with the late Dr. Rosenberg and other certified CNVC trainers in the UK and NZ, and has facilitated these workshops in NZ & Oz since 2006. He is a Counsellor & Member of the Triratna Buddhist Order. For more information about NVC visit: [www.cnvc.org](http://www.cnvc.org) or [www.nonviolentcommunication.com](http://www.nonviolentcommunication.com)

- When: **Friday 10 April & Friday 17 April 2015 – 9.30am to 4.30pm**
- Where: **Auckland Buddhist Centre, 381 Richmond Rd. Grey Lynn, Auckland.**
- Investment: **\$240** (pay to S May 38 9000 0301031 07 Kiwibank with name & NVC workshop) - includes morning and afternoon tea
- To book contact: **Guhyasiddhi** [guhyasid@ihug.co.nz](mailto:guhyasid@ihug.co.nz) or 480 1067 / 021 297 0372