

# Empathy Empowerment

A 1 day workshop to practice the skills of  
Nonviolent Communication.



## Workshop:

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

To attend this day, we ask that you attend the previous day or that you have attended an NVC Foundation Training.

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

You will gain:

- *Increased competence in using NVC in everyday conversations & connections*
- *the ability to be more resourceful in conflict situations*
- *the skills to be more compassionate towards those who challenge you*
- *the tools to foster deeper connections & understanding within family, intimate relationships, work.*

**When:** Sunday 4th February 2018

**Where:** Matapouri Hall, Matapouri Road, Matapouri

**Time:** 9:00 am to 5pm

**Investment:** Investment \$100 p/p. (both days \$220) Meditating Giraffe LTD.  
02-0110-0058043-00 BNZ

**Registration:** deb@meditatinggiraffe.co.nz  
0273410000 or 098282679

Camping avail. Contact for details.



[www.meditatinggiraffe.co.nz](http://www.meditatinggiraffe.co.nz)