

Communicate with Compassion *

8 & 9 April 2017

9.45 to 5 Saturday

1.15 to 5 Sunday

a workshop led by

Jim Lovell-Smith and Valerie Wycoff



@ Quaker Centre, 217 Ferry Rd, Waltham, Christchurch 8011

Because we care about creating respectful and loving relationships, and fostering care and justice in the world, and because we believe in life long learning, we invite you to this weekend workshop.

Most of us have been educated to think and communicate in terms of what is 'right' and 'wrong' with others. Even with the best intentions, we can generate needless conflict and misunderstanding.

In this workshop you will learn practical tools that can improve your relationship with yourself, your co-workers, and your friends and family.

- Identify common ways of speaking that disconnect
- Learn steps to express honestly so that others can hear
- Learn to listen with empathy
- Move from blame and judgement to connection
- Make clear actionable requests

We (Valerie and Jim) have been studying and practising NVC for 8 years, and credit it with enhancing our relationship and sense of aliveness. Jim has participated in an International Intensive Training with Marshall Rosenberg, and both Valerie and Jim have participated in 5 retreats with certified trainer, Robert Gonzales. To learn more about us and about NVC visit www.nvc.org.nz

Limited to 12 places –

For more information please contact:

Jim or Valerie on 351 7432 or 021 295 3979 (Valerie).

To register: email Jim jimblenz@gmail.com

* based on Marshall Rosenberg's Non-violent Communication

Registration form

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9.45 to 5 Saturday 8 April

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NAME

Address

Email

Phone/s

FOOD:

Please bring food to share or your own lunch for midday Saturday.
We will provide teas, coffee and light refreshments for breaks.

FEES:

Koha/Donation (requested \$90 to \$180 inclusive of \$30 registration fee)

\$30 Registration fee requested by 1 April (for venue and materials)

If you'd love to learn NVC and our suggested donation would create hardship, we are open to discussion with you.

Please direct registration and koha/donations by direct banking to:
J E R Lovell-Smith and VM Wycoff 15 3959 0080067 00

Reference the payment with your name and NVC

Alternatively, post your registration and cheque to 23 Joyce Crescent, CHCH 8041