



COMMUNICATION for CONNECTION

Effective Communication Development

Based on the internationally successful approach of

Nonviolent Communication (NVC)

As developed by Dr. Marshall B. Rosenberg

Discover how NVC awareness improves your relationships, your confidence, and your creativity

Communication can be difficult at times; being heard and understood as we would like to be, connecting with others when they are unclear, defensive, or aggressive, finding the words that inspire cooperation and leave everyone feeling valued while holding firmly to what is important to us ...and the list goes on.

NVC language is empowering.

It is an easy 'how to' process that works!

NVC Weekend Workshop - Hastings

July 1st & 2nd 9am to 4.30pm

Investment: \$250 (\$220 with \$50 deposit by May 9th)



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"It is my privilege to teach NVC since 2010. As a parent, I want to model empathy, self-responsibility and the ability to hold boundaries firmly. I want to model connection skills that nurture empowerment. NVC supports me to live attuned to my values. I love supporting others to discover the power in NVC."

More information: www.nvc.org.nz