

Communicate with Compassion *

11 & 12 Nov 2017

9.45 to 5 Saturday
1 to 5 Sunday

your teachers

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 judgment to connection
- Make clear actionable requests

We (Valerie and Jim) have been studying and practicing NVC for 8 years, and credit it with enhancing our relationship and sense of aliveness. Both Jim and Valerie have participated in International Intensive Trainings, and have participated in 5 retreats with certified trainer, Robert Gonzales. Jim also attended a training with Marshall Rosenberg. To learn more about us and about NVC visit www.nvc.org.nz

Please bring food to share for lunch on Saturday. Morning and afternoon teas are provided.

Koha/Donation requested - Sliding scale of \$120 to \$240
\$50 Registration fee reserves your place.

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

Please direct registration and koha/donations to: J E R Lovell-Smith and VM Wycoff 15 3959 0080067 00
Reference the payment with your name and NVC or post cheques to 23 Joyce Crescent, CHCH 8041

To register: email Jim <jimblenz@gmail.com>

For more information please contact:
Jim or Valerie on 351 7432 or Jim on 021 135 2130 or Valerie 021 295 3979

* based on Marshall Rosenberg's Non-violent Communication