

COMMUNICATION for CONNECTION



Based on the internationally successful principles of
Nonviolent Communication (NVC)
As developed by Dr. M. B. Rosenberg

PARENTING Workshop - Gisborne

Add to your toolbox ways to meet the challenges of parenting that leave you knowing you have contributed to the whole family's well-being. NVC supports building our capacity to live our values strongly & compassionately such as; inspiring intrinsic motivation & cooperation, building emotional intelligence & communication, turning conflict & disconnection into connection, healing and growing...and more.

NVC is a practical 'how to' that works!

September 23rd & 24th 9am to 4.30pm

Investment: \$250 (\$220 with \$50 deposit by Sept 11th)

Facilitator-Registration: Filipa Hope filipahope@gmail.com 027.451.3445



Teaching NVC to groups since 2010. "As a parent, I want to model empathy, self-responsibility and holding boundaries firmly, with connection skills that nurture & empower. NVC helps me live my values with confidence & compassion. I love sharing NVC and supporting others to more effective communication & deeper connection with themselves and those precious others in their life."

More information: www.nvc.org.nz