

# DANCING WITH ANGER, SHAME AND GUILT

Do these words make you want to hold your breath, run, hide, or turn away, or tense up? Would you like to have a life free of them?

This workshop will offer you a chance to dive into the

## LIFE

hidden within these powerful human experiences.

We will utilize discussion, guided meditation, written reflection, and experiential exercises (such as the NVC Dance Floors, Body NVC, and/or role-plays).

By the end of the weekend, you will have a better understanding of how anger, shame and guilt affect you and new ways of responding when they arise.



**When: Saturday 24 March–Sunday 25 March, 2018; 9:30–5:30**

**Where: Torbay, Auckland**

**Facilitator: Jean (aka "Majida") McElhaney,**  
certified Nonviolent Communication trainer; licensed (US) social worker and counsellor  
Financial request: **\$250**; reg deadline 19 March)

**EARLY BIRD OFFER: \$200** If registered with \$25 deposit before 28

Jan. Acct: 02-0120-0130467-00 (name and march18 as ref)

If money is a barrier, please contact me to discuss options.

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