

# Communicating Compassionately

A fortnightly workshop based on the principles of NVC  
Nonviolent Communication.



## The Workshop

We all have a universal need for connection. This workshop offers a way of communicating that leads us to connect from the heart. We offer a guide of reframing how we express ourselves & hear others. Instead of using habitual automatic reactions, our words can become conscious responses based firmly on an awareness based on what we are perceiving, feeling & wanting.

You will learn the the language & skills of Nonviolent Communication (NVC) to empathically connect to your needs & the needs of others in order to resolve conflict peacefully.

This workshop is based on the work of Dr Marshall Rosenberg (founder of NVC)

- *Develop & foster supportive relationships at home, with friends & work colleagues.*
- *Break patterns of thinking that can lead to anger, arguments and depression.*
- *Learn the skills of giving & receiving empathy.*
- *Learn the power of connecting to your own needs.*

**When:** Jan 30th, Feb 13, 27, March 13th, 18th 2018

**Where:** Avondale, Auckland

**Time:** 7pm to 9:15 pm. Final day 9am to 3pm

**Investment:** \$245 per person.

**To Register:** [deb@meditatinggiraffe.co.nz](mailto:deb@meditatinggiraffe.co.nz) or 0273410000

**Payment:** The Meditating Giraffe LTD.  
02-0110-0058043-00 BNZ

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[www.meditatinggiraffe.co.nz](http://www.meditatinggiraffe.co.nz)

