

From ANGER, SHAME AND GUILT TO COMPASSION, POWER, AND PEACE

Would you like to transform your usual responses when anger, shame, and guilt arise in you or others? Are you eager to breathe more freely again when the body tenses up in judgment? To find your way back to connection?

This series of workshops, based on the principles and skills of Nonviolent Communication, will offer insights and tools. Instead of reacting,

Step forward in Freedom and Choice

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

This is a three part series. You can come to **one, two, or all three.**



When: **Saturday 12 May, 10-5 Transforming Shame**

Saturday 9 June, 10-5 Transforming Guilt

Saturday 30 June 10-5 Transforming Anger

Where: **Torbay, Auckland**

Facilitator: Jean (aka "Majida") McElhaney,

certified Nonviolent Communication trainer; licensed (US) social worker and counsellor

Financial request: \$85/day or \$240 for all three

Request registration a week before each workshop if possible

To register: Mobile 022 192 3202 land line 473 7344

or email jean.mcelhaney@gmail.com

Acct: 02-0120-0130467-00 (name and date of workshop as ref)

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

