

Families Thriving through Empathy ...

A one day introduction workshop to the skills of Nonviolent Communication.

Based on the work of Dr. Marshall Rosenberg



This workshop includes a range of activities that enhance the learning.

When: Saturday 11 August 2018

Where: The Academy for Gifted Education
9 Huron Street Takapuna.

Time: 9am - 5pm

Cost: \$160 per person.

Registration:

email pmanu@giftededucation.school.nz

Facilitated by Wayne Prince and Deb Hipperson
www.meditatinggiraffe.co.nz

BYO Lunch. MT/AT provided



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 to reframing how we express ourselves and hear others. Instead of using habitual automatic reactions, our words can become conscious responses based firmly on an awareness of what we are perceiving, feeling and wanting. You will learn the language and skills of Non Violent Communication (NVC) to empathetically connect to your needs and the needs of your families in order to create a more harmonious environment.

You will learn:

- How to transform patterns of thinking, parenting & teaching in a more connected way.
- The skills of giving & receiving empathy.
- The power of connecting to your own values.
- To see upsets as an opportunity to grow.
- How to clearly express what is important to us and to be heard.

You will engage in simple activities to learn empathetic communication skills that will support you in your everyday life. Simple activities where you can practice empathetic communication in your community every day.