

# COMMUNICATION for CONNECTION



Based on *Nonviolent Communication* (NVC) developed by Dr Marshall Rosenberg

## A Nurturing Weekend - An Empowering Workshop! **August 11<sup>th</sup> & 12<sup>th</sup> 2018**

**Time:** 9am to 4:30pm both days. Includes morning & afternoon tea  
**Venue:** Brisbane ACU campus Building 212, 1100 Nudgee Rd. Banyo  
**Registrations:** To Filipa Hope [filipahope@gmail.com](mailto:filipahope@gmail.com)  
**Investment:** \$250 - or \$220 with \$50 deposit by Aug 3<sup>rd</sup>

*Limited to 14 participants.* This 2 day workshop will significantly add to your personal and professional development. NVC is an approach that seeks to foster authenticity and heighten awareness of how our attitudes and actions affect our relationships. A growing body of academic literature has looked at the efficacy and implications of NVC in diverse fields such as education, conflict resolution, and health care. There is growing evidence that NVC prevents and defuses conflict; promotes awareness of self and personal responsibility, increases empathy and the ability to sustain positive social relationships.

**Hosted by: Dr Francene Hemingway** [francene@healingconnectionspsychology.com.au](mailto:francene@healingconnectionspsychology.com.au)

“As a clinical psychologist, I tend to think about NVC as a synthesis of communication strategies found in Acceptance and Commitment Therapy, Emotion-Focused Therapy, and Compassion-Focused Therapy, providing unique tools to use with a variety of clients, and of course within ourselves! Please find attached a journal article discussing the implications of NVC training on our own wellbeing as health care professionals”



**Facilitator: Filipa Hope**

Providing NVC workshops for public and private groups in New Zealand since 2010 including providing PLD for Ministry of Education. *“What I love about NVC is that it continually supports me to build my capacities to meet life from my choosing rather than my reactivity, limiting habits and conditioning. I am empowered to live my deepest values & highest aspirations. It is my pleasure to contribute to others what empowers my own life”.*