

# PITFALLS OF NVC (AND WHAT TO DO ABOUT THEM)

Have you been inspired by the transformative power of Nonviolent (Compassionate) Communication and then...  
surprised or even dismayed as you tried to use it?  
This workshop is for you!

*For example, have you ever:*

- *Been told you "talk funny"?*
- *Annoyed someone when you were just trying to "give empathy"?*
- *Felt tired of being "the empathetic one"?*
- *Thought "That's not NVC!" when listening to someone?*

This workshop can help **integrate your practice of NVC so that you experience more of what excited you in the first place.**

We may use group discussion, role-plays, meditation, and experiential or reflective exercises.

**COME PREPARED FOR LAUGHTER, LEARNING, AND CONNECTION!**

**When:** Saturday 11 August 2018, 10:00-5:00

**Where:** Torbay, Auckland

**Facilitator:** Jean (aka "Majida") McElhaney,  
certified Nonviolent Communication trainer; licensed (US) social worker and counsellor  
(background in psychosynthesis, traumatology, stress mgmt, anxiety & depression, and more)

**Financial request:** \$90 includes tea, snacks, and handouts

**To register:** Mobile 022 192 3202 land line 473 7344  
or email [jean.mcelhaney@gmail.com](mailto:jean.mcelhaney@gmail.com) (a week before workshop if at all possible)

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

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

