

FREELY GIVE, FREELY RECEIVE: MAKING AND RESPONDING TO REQUESTS with Honesty and Care

Do you sometimes:

- Know what you don't want but are not sure what you do want?
- Stop yourself from asking for what you want?
- Give in to others because you want to stay connected?

Would you like to learn to:

- Gain clarity on what really matters to you?
- Increase your confidence in making requests?
- Say yes only when you genuinely choose to?
- Hear "yes" to your requests (even if they say "no")?



THIS WORKSHOP IS FOR YOU!

Through interactive exercises, discussion, and individual reflections, we will develop skills and insights for making and receiving requests that are authentic, powerful, and compassionate.

When: Saturday 8 September 2018, 9:30-5:00

Where: Torbay, Auckland

Registration cost: EARLY BIRD \$85 before 1 Sept

Regular price \$95 (includes handouts, tea, snacks)

To register: <https://goo.gl/forms/uDhYVAtbVmAiIBKU2>

For more info: email jean.mcelhaney@gmail.com

or ring 9 473 7344 or 022 192 3202

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

Jean (aka "Majida") McElhaney: certified trainer with the Center for Nonviolent Communication; licensed (US) counsellor and social worker; certified Connection Practice coach. Offering workshops, mediation, conflict coaching, empathy sessions, and individual sessions to support congruence between your values, words, and life.

