

FOLLOW THE LABYRINTH HOME: A PATH TO YOUR HEART



You are warmly invited to experience the Empathy Labyrinth* (the only one in New Zealand): an engaging way to learn and practice the skills of Nonviolent Communication**. The EL guides you through the steps to:

- Transform judgment into compassion, understanding, and peace
- Discover choice and freedom regarding conflicts
- Connect with yourself and others from your heart
- Reveal what truly matters and how you can act on it

This will be suitable for anyone, whether new to NVC or wanting to review and deepen into the transformative practice of empathy. Space limited; reg early.

*developed by Marc Weiner

** developed by Marshall Rosenberg

When: Saturday 8 December 2018, 1-4:00 p.m.

Where: Torbay (North Shore, Auckland)

Registration cost: early bird by 1 December \$35 regular \$50

Note: You will have the option to buy a laminated handheld Empathy Labyrinth

To Register: <https://goo.gl/forms/v087E3UmIBBeyE5k2>

For information: email jean.mcelhaney@gmail.com

Or land 9 473 7344 or mobile 022 192 3202

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, and individual sessions to support congruence between your values, words, and life.

