

GRATITUDE AND JOY: CULTIVATING MAGIC IN LIFE

Would you like to:

- *Feel more energetic and upbeat?*
- *Understand why you may have resistance to gratitude?*
- *Learn the difference between praise and appreciation?*
- *Give and receive appreciation with ease and honesty?*

We will use group discussion, interactive exercises, and individual processes to explore gratitude, appreciation, and joy. Developing practices to nourish these qualities can help us rediscover magic in life and build resilience. Even painful experiences can lead to gratitude if we learn to feel and to mourn. Based on the principles and skills of Nonviolent Communication (NVC) and other resources.

JOIN US!

When: Saturday 24 November, 9:30-5:00

Where: Torbay, Auckland

Facilitator: Jean (aka "Majida") McElhaney, certified NVC trainer; licensed (US) social worker and counsellor; certified Connection Practice coach; Dances of Universal Peace leader.

Financial request: Early bird by 10 Nov = \$85; regular = \$95 includes tea, snacks, and handouts

To register: <https://goo.gl/forms/Z52TErdscHcYP9ZL2>

For questions: Mobile 022 192 3202 land line 473 7344 or email jean.mcelhaney@gmail.com

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

