

COMMUNICATION for CONNECTION **In Hastings**



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

NVC Taster Evening \$10

Friday Oct 26th 6 to 7.30pm

A relaxed evening discovering what NVC can offer you.

NVC Foundation Training

A Nurturing Weekend - An Empowering Workshop!

Nov 17th & 18th 9 to 5 both days

Tuition: \$250 incl's morning & noon tea - **Early bird \$220** til Nov 8th

Register: See FB event  or direct to filipahope@gmail.com 027.451.3445

Facilitator: Filipa Hope Providing personal and professional development with NVC since 2010 - for parents, couples, educators, therapists, and communities.



“What I love about NVC is that it continually supports me to build my capacity to confidently be my authentic self, strongly living my values with empathy and compassion. It has helped me to be an empowered model of communication and relationship skills for my daughters. It is my pleasure and privilege to support others to discover what NVC offers.”