



completecommunication
making the connection

A Nonviolent Communication (NVC) Foundation Training

22 - 23 March | Kapiti

10 – 5pm

VENUE TBC

Learn to:

- Identify what your feelings and needs are.
- Enhance your communication skills at home &/or in the workplace.
 - Deal with emotionally charged situations effectively.
 - Develop the art of listening empathically.

FEE: \$180-220 (sliding scale)

Anna Groves is a mother, CNVC certified trainer, dance & drama teacher, and musician. She has been facilitating trainings since 2007. For information about her training style go to: http://www.nvc.org.nz/?page_id=99

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FOR DETAILS ABOUT TRAINING CONTACT ANNA: annagroves8@gmail.com



FOR MORE INFORMATION ON THE NVC MODEL: www.nvc.org.nz / www.cnvc.org
This is an interactive experience; Fun and learning all rolled into one!