

# Compassionate Communication



NVC Foundation training with Susie Spiller 26 & 27 May 12

The weekend is a foundation workshop in Nonviolent Communication (NVC).

Most of us have been educated from birth to compete, judge, attack and defend; to think and communicate in terms of what is “right” and “wrong” with ourselves, others and the world around us. The pain and dissatisfaction that flows from this consciousness I find comforting to know can be transformed.

The course will help us reach beneath the surface and discover what is alive and vital within us, and realise how all of our actions are based on human needs that we are seeking to meet. We learn to develop a vocabulary of feelings and needs that helps us to express clearly what is going on in us at any given moment. When we understand and acknowledge our needs, we develop a shared foundation for much more satisfying relationships.

*“Judgments, criticism and violence are all tragic expressions of unmet needs.”*

Dr. Marshall Rosenberg, Founder of the  
Centre for Nonviolent Communication

**Date: 26 & 27 May 2012, 10 am to 5 pm**

**Venue: Ashram Yoga,  
24 Chesshire St, Parnell, Auckland**

**Cost: \$240**

**(Early- bird registrations available before 1 May for \$190)**

*To Register contact: Susie Spiller - Phone: 09 529 7558 - Mobile: 021 770 107*

*Email: [susie@susiespiller.com](mailto:susie@susiespiller.com)*

*[www.susiespiller.com](http://www.susiespiller.com)*



Susie has studied NVC since 2004 and studied with Marshall Rosenberg, Robert Gonzales and many others whose influences are rich and passionate contributions to her work. Susie is full of integrity and totally authentic when it comes to body mind and soul. Her passion is working at the heart of social change by enabling her clients to connect more fully with themselves and therefore become more available to their loved ones and their community. Susie believes that Nonviolent Communication is more than a compassionate way of communicating: it is a way of being.

Please send your name, email address & phone number plus  
\$50 non-refundable deposit or full payment to:

Beauty To You Limited  
Unit 23/457 Swanson Road  
Ranui  
Waitakere City 0612

Cheques:

Please make cheques payable to: “Beauty To You Ltd”

Bank transfer:

Beauty To You, 03-0195-0428612-00 (include ref: NVC and  
your name).