



completecommunication  
making the connection

## **A Nonviolent Communication (NVC) Foundation Training**

**5-6 November | Paraparaumu**  
**The Hub, 6 Ngahina St (opposite the Womans Centre)**

**10am – 4pm**

### **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: \$120-\$160 sliding scale (payment options avail)**

**12 PLACES AVAILABLE**

***FACILITATOR: Anna Groves is a CNVC Certified Trainer, Secondary School Teacher and has a Bachelor of Performing and Screen Arts. She has worked extensively with NVC trainers from the USA, Australia and Aotearoa NZ and has been facilitating trainings since 2007. Anna lives by the sea on the Kapiti Coast with her 3 children and cat.***

**PH: 04 2992299 | 027 2992991**

**E: [annanvc@xtra.co.nz](mailto:annanvc@xtra.co.nz)**



**FOR MORE INFORMATION ON THE NVC MODEL: [www.cnvc.org](http://www.cnvc.org)**  
***This is an interactive experience; Fun and learning all rolled into one!***