

*"What I want in my life is compassion, a flow between myself and others based on a mutual giving from the heart." - Marshall Rosenberg*

## **THE MEDITATING GIRAFFE PRESENTS ...** **"Communicating Compassionately"**

A weekend foundation workshop based on the principles of  
Nonviolent Communication  
(Developed by Marshall B Rosenberg)

*We all have a universal need to connect with ourselves and with others. This workshop offers a way of communicating that leads us to give from the heart. We offer a guide in reframing how we express ourselves and hear others. Instead of using habitual, automatic reactions, our words become conscious responses based firmly on an awareness of what we are perceiving, feeling and wanting.*

### **Discover a way to:**

♥ *Communicate compassionately with ourselves and with others* ♥ *Develop supportive relationships at home, at work, in the community* ♥ *Break patterns of thinking that can lead to anger, arguments and depression* ♥ *Resolve conflicts peacefully* ♥ *To be present*

### **Workshop Details:**

*Date: 18<sup>th</sup> & 19<sup>th</sup> February 2012*

*Time: 9:00 am to 4:30 pm*

*Venue: Catalina Café, Buckley Ave, Hobsonville, Auckland*

*Cost: \$220 Bring along 1 for half price*

### **Facilitators: Wayne Prince & Deb Hipperson.**

*Deb is a NZ trained teacher with 14 years experience in working with children, adults and families both in NZ and the UK. She has trained in NVC both in NZ and the UK*

*Wayne is a certified NLP trainer and has been running workshops with students, parents and teachers for the past 15 years and has trained in NVC in NZ & USA.*

**To register: Email: [deb@meditatinggiraffe.co.nz](mailto:deb@meditatinggiraffe.co.nz) or phone 027 3410000 or 09 849 4732.**

**Please make cheques out to Deb & Wayne Partnership Acct or bank to:  
Deb & Wayne Partnership Account 02-1206-0055669-00 BNZ**

