

# Communicating Compassionately

A weekend workshop based on the principles of  
Nonviolent Communication.



## The Workshop

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

You will learn the the language & skills of Nonviolent Communication (NVC) to empathically connect to your needs & the needs of others in order to resolve conflict peacefully.

This workshop is based on the work of Dr Marshall Rosenberg (founder of NVC)

- *Develop & foster supportive relationships at home, with friends & work colleagues.*
- *Break patterns of thinking that can leader to anger, arguments and depression.*
- *Learn the skills of giving & receiving empathy.*
- *Learn the power of connecting to your own needs.*

**When:** 24th & 25th June 2016

**Where:** "Sharda" - Tuakau, Auckland

**Time:** 9am to 5pm both days

**Investment:** \$295- residential, \$250 non residential.

**To Register:** [deb@mediatinggiraffe.co.nz](mailto:deb@mediatinggiraffe.co.nz) or 0273410000

**Facilitated by:** Wayne Prince & Deb Hipperson  
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