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: 3rd & 4th September 2016

Where: Auckland. Venue TBC

Time: 9am to 5pm both days

Investment: $250 per person. Bring a friend for $195.

To Register: deb@mediatinggiraffe.co.nz or 0273410000

Facilitated by: Wayne Prince & Deb Hipperson
www.meditatinggiraffe.co.nz