

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

"Communicating Compassionately"

A weekend workshop based on the principles of Nonviolent Communication (NVC)
(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 enables us to give from the heart. We offer a guide in re-framing how we express ourselves and hear others. Instead of using habitual, automatic reactions, our words become conscious responses, firmly based on an awareness of what we are perceiving, feeling and wanting.

Discover a way to:

- ♥ *Communicate compassionately with ourselves and with others*
- ♥ *Enhance supportive relationships at home, at work & in the community*
- ♥ *Replace patterns of thinking that lead to anger, arguments & depression*
- ♥ *Resolve conflicts peacefully, resulting in greater mutual understanding*
- ♥ *To be present with whatever is occurring within ourselves and others*

Workshop Details

Free Intro: 10 December 2010, 7 - 9 pm

Dates: 11 & 12 December 2010, 9 am to 5 pm

Venue: Nelson TBA

Cost: \$120 unwaged - \$180 waged sliding scale

Facilitators: Wayne Prince & Deb Henderson-Newport.

We offer a balanced female/male facilitation style & have been co-facilitating NVC Foundation Courses for 3 years. Deb is a NZ trained teacher with 14 years of experience working with children, adults and families in NZ and the UK. She has trained in NVC in both countries. Wayne is a certified NLP trainer and has been providing workshops for students, parents and teachers during the past 12 years, and has trained in NVC in NZ & USA.

TO REGISTER, Email: wayne@in2connect.co.nz or phone 027 237 9657 or 09 849 4732, or contact Scott: om@orcon.net.nz, 03 525 7888. Please make cheques out to In2Connect Productions LTD and post to Scott Mieras, 22 Meihana Street, TAKAKA 7110, or bank directly to In2Connect Productions LTD 02-01520134390-00 BNZ, identifying your payment with the participant's name and date of the training ('12-12-2010').



For more information about NVC, please visit: www.nvcnz.info