

Communicating Compassionately for couples

A weekend workshop based on the principles of
Nonviolent Communication.



The Workshop

Intimate relationships are often challenging. We can hold our values of honesty and caring and still end up in a barrage of words that lead to disconnection & pain. This workshop is designed for you and your partner to spend time with each other, receiving support to practice the skills of NVC that naturally opens your heart & leads to a fulfilling relationship.

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

- *Break patterns of blame, criticism & anger*
- *Make clear observations, connect & communicate your feelings & needs with your partner & hear theirs*
- *Give & receive empathy*
- *Make clear requests*
- *Support the growth of a loving & caring relationship*
- *Build a support network for your relationship*

When: Friday 24th June (starting with shared meal at 630 pm. 8pm check in.) Sat 25th (9am to 5pm, Sunday 26th (9 am to 4pm)

Where: Sharda Centre Tuakau

Investment: \$695 - if paid by 24 May, otherwise \$745 (per couple)

Pre-Requisite: NVC Foundation Training

To Register: deb@meditatinggiraffe.co.nz
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