

"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 For Couples”

A weekend retreat for couples based on the principles of
Nonviolent Communication
(Developed by Marshall B Rosenberg)

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 and 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 open your heart & lead to a fulfilling relationship. A Pre-requisite of a NVC Foundation Training is required to attend this workshop. Limited to 6 couples.

Discover ways to: - develop the skills of NVC within your relationship

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

Workshop Details:

Date: Friday 14th June 6pm to Sunday 16th June 5pm

Times: 9:00 am to 4:30 pm each day.

Venue: Sharda Centre, Tuakau, Auckland

Cost: \$390 per couple - plus \$40 per night per couple (accom.)

Facilitators: Wayne Prince & Deb Hipperson – NVC Trainers

Deb is a NZ trained teacher with 15 years experience in working with children, adults & 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 17 years and has trained in NVC in NZ & USA.

To register: Email: deb@meditatinggiraffe.co.nz or phone 027 3410000 or 09 849 4732.

**Please make cheques out The Meditating Giraffe LTD or bank to:
The Meditating Giraffe LTD 02-0110-0058043-00 BNZ**