



**Would you like to be heard
& understood with more satisfaction?**

**Would you like to strengthen your connections
with the important others in your life?**

Communicating Compassionately

A simple technique based on the principles of
Nonviolent Communication (NVC) developed by Marshall Rosenberg
www.cnvc.org www.nvcnz.info

NVC Foundation Workshop

Wednesdays: 6 weeks from 2 November 2011
Time: 9:30am to 12pm in Hastings

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*“Nonviolent Communication connects soul to soul, creating a lot of healing.
It is the missing element in what we do.”* Dr Deepak Chopra