

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



Offers to you ...

"Communicating Compassionately"

A weekend foundation workshop based on the principles of
Nonviolent Communication

(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 leads us to give from the heart. We offer a guide in reframing how we express ourselves and hear others. Instead of using habitual, automatic reactions, our words become conscious responses based firmly on an awareness of what we are perceiving, feeling and wanting.

Discover a way to:

♥ *Communicate compassionately with ourselves and with others* ♥ *Develop supportive relationships at home, at work, in the community* ♥ *Break patterns of thinking that can lead to anger, arguments and depression* ♥ *Resolve conflicts peacefully* ♥ *To be present*

Workshop Details:

Date: 12th and 13th December, 2015

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

Venue: Westside Chambers, 151 The Square, Palmerston North

Cost: Early bird \$220 (paid before 15th Nov) \$240 (after 15th Nov)
\$200 each for a couple coming together

Facilitators: Wayne Prince & Deb Hipperson.

Deb is a NZ trained teacher with 14 years experience in working with children, adults and 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.

Contact: deb@meditatinggiraffe.co.nz or phone 027 3410000 or 09 849 4732
alice@bewellnaturally.co.nz or phone 027 2623666 or 06 363 7575

For more information or to register go to: www.bewellnaturally.co.nz

Payments directly into this account: A Kleinsman 15 3959 0510346 00

