



COMMUNICATION for CONNECTION

A simple tool for your toolbox – great empowerment!
Based on the principles of *Nonviolent Communication* (NVC)
Developed by Dr. Marshall B. Rosenberg www.cnvc.org

Discover ways: * to deepen relations with the central others in your life * to create more self-clarity and compassion* to be heard & understood with greater satisfaction* to put space between triggers and reaction* to hear needs instead the judgments, blame, criticism.

NVC Foundation Workshop in Hastings

Tuesday days 9:30am to 12: 6 weeks from 29 May 2012
Tuesday evenings 7:45pm to 10pm: 6 weeks from 31 July 2012
Wednesday days 9.30am to 12: 6 weeks from 1 August 2012

NVC Deepening Program

Have fun reviewing and expanding your NVC integration,
Once a month over 6 months - Starts July 26th 7:45 to 10pm.

Cost: \$120 *\$20 per session
(Please discuss with me if cost is a barrier for you)



Registrations: Filipa Hope (06)879 9281
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Filipa has studied NVC since 2006 with many NZ and overseas trainers incl: Robert Gonzales, John Cunningham, Gina Lawrie & Bridget Belgrave. She has been teaching NVC since Feb 2010.

For Filipa NVC “is more than a toolset, it is a way to live, growing more awareness, choice and compassion and Joy.” For more information about Filipa and NVC visit <http://nvc.org.nz/>