



COMMUNICATION for CONNECTION

A simple tool for your toolbox - with profound application.
Based on the principles of *Nonviolent Communication* (NVC)
Developed by Dr. Marshall B. Rosenberg www.cnvc.org

Discover ways: to deepen relations with the important others in your life/
to create more self-compassion, clarity and presence/ to be heard &
understood with greater satisfaction/ to put space between triggers and
reaction/ to hear the needs behind, and instead of, the criticisms of others.

NVC Foundation Workshop in Hastings

Wednesdays: 6 weeks from 2 November 2011

Time: 9:30am to 12pm Cost: \$125

(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 different NZ trainers incl. Ron Ngata and Jocelyn Kennedy and deepening trainings with overseas trainers: Robert Gonzales, John Cunningham,

Gina Lawrie & Bridget Belgrave. For Filipa NVC is more than a toolset it is a way of Being - living a consciousness of compassion. For more information about Filipa and NVC in NZ see

website <http://nvc.org.nz/>