



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 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 needs instead the judgments, blame, criticism.

NVC Foundation Workshop in Hastings

Tuesday days: 6 weeks from 14 Feb 2012

Time: 9:30am to 12pm

Tuesday evenings: 6 weeks from 14 Feb 2012

Time: 7:45pm to 10pm

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 more awareness, choice and compassion. For more information about Filipa and NVC

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