



## **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](http://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 Takapau**

2 Days: Thurs & Fri December 1<sup>st</sup> & 2<sup>nd</sup>  
Time: 9:30am to 5pm Cost: \$125



**Registrations:** Filipa Hope (06)879 9281  
Cell: 0274-513-445 Email: [filipahope@gmail.com](mailto:filipahope@gmail.com)

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/>**