

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



"Giraffes Just Wanna Play"

A 1 day activity workshop exploring & deepening the principals of
Nonviolent Communication
(Developed by Marshall B Rosenberg)

Learning how to be fluent in the "Language of Life" takes practice. And it takes energy & commitment to stay connected to our humanness moment to moment. When our needs are being met ... we want to celebrate. When our needs are not being met ... we want to mourn. To be fully alive requires a language of life, & that requires a language of feelings and needs.

Come along & ...

♥ *Participate in a refresher on the skills & principles of NVC* ♥ *Gain a deeper understanding & practice of giving & receiving empathy* ♥ *Increase your confidence in using NVC* ♥ *Discover ways to create a daily NVC practice* ♥ *Learn & explore in a creative, fun & safe environment.*

Workshop Details:

Date: Saturday 21st September 2013

Times: 9:00 am to 5:00 pm. Followed by a shared meal (optional)

Venue: "Kandallah" – 64A Shetland Road, Glen Eden

Cost: \$150 per person. Bring along a friend for \$250.

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 15 years and has trained in NVC in NZ & USA.

To register: Email: deb@meditatinggiraffe.co.nz or phone 027 3410000 or 09 849 4732.

***Please make cheques out The Meditating Giraffe LTD or bank to:
The Meditating Giraffe LTD 02-0110-0058043-00 BNZ***

