

# Mediate with NVC

Experience the work of Ike Lassiter & John Kinyon, based on the principles shared by Marshall Rosenberg.



## The Workshop

You will use the language & skills of Nonviolent Communication (NVC) to navigate & resolve conflicts between yourself & others, & between others who are in conflicts that do not directly involve you.

From this workshop you gain the skills to:

- Be able to support friends & colleagues to resolve conflicts peacefully while using the skills of empathy
- Deepen your NVC Practice
- Increase your capacity to return to presence in the midst of the Fight-Flight-Freeze (FFF) reaction that is brought on by conflict
- Create & support a more harmonious home & work environment
- implement the mediation 3 chair model

[www.meditatinggiraffe.co.nz](http://www.meditatinggiraffe.co.nz)

**When:** 27 to 29 June 2015

**Where:** Kandallah - 64a Shetland Road, Glen Eden, Auckland

**Time:** Saturday 9 am to 6 pm. Sunday 9 am to 6pm with an optional extra 2 hours. Monday 9 am to 5pm.

**Investment:** \$395 - Full price. \$345 Early bird if paid by 1st June 2015.

**To Register:** Deb Hipperson -  
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**Presented by:** Manfred Friedrich, Wayne Prince & Deb Hipperson

