

NVC Extravaganza!!!

A 1 day workshop based on the principles of
Nonviolent Communication



The Workshop

A one day taster where people with no experience through to lots of experience, can come together and learn, grow, connect and deepen into the principles of Nonviolent Communication.

We will be offering:

*Empathy shots in the Empathy lounge *Beauty of the needs exercises *Empathy circles *Self Empathy Dance Floors *Introduction to how the NVC process works *Sharing gratitude so people can really hear it *How to stay resourceful when under fire.

You will receive:

An experience of Empathy and connection, further understanding of the NVC model, ways to make challenging relationships more harmonious, how to stay resourceful in challenging situations, new friends, practical ways to use NVC in day to day situations, a deeper appreciation of self and those we care about.

When: Saturday 19th August 2017

Where: Mind & Body - 395a Manakau Road, Epsom, Auckland

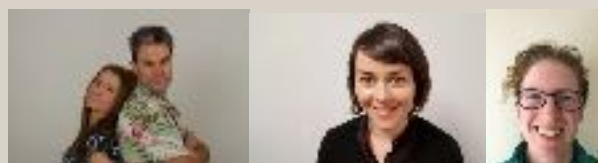
Time: 9am to 5pm

Investment: \$50 (bring a friend for free)

To Register: deb@meditatinggiraffe.co.nz or 0273410000

Payment: The Meditating Giraffe LTD.
02-0110-0058043-00 BNZ

Facilitated by Wayne Prince, Deb Hipperson, Claudia Gray & Laura Ashton



www.meditatinggiraffe.co.nz