

Transformative Mediation

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 conflict that do not directly involve you.

From this workshop you will 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 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

Ike & John's website: www.mediateyourlife.com

When: 2nd to 5th March 2017

Where: Palmerston North. Venue TBC

Time: Thursday 9am to 6pm
Friday 9am to 6pm (optional extra 2 hours)
Saturday 9am to 6pm
Sunday 9 am to 5pm

Investment: \$555 - Full price
\$495 (Early bird if paid by 31 January 2017)

To Register: Online Form ([click here](#))
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Payment: The Meditating Giraffe LTD
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Presented by: Manfred Friedrich, Wayne Prince &
Deb Hipperson

