

**'Judgments, criticism and violence are
all tragic expressions of unmet needs'**

EMPATHY

with **Susie Spiller**

Compassionate Communication NVC Foundation Training with Susie Spiller

Conflicts are natural and can be handled.

NVC (Nonviolent Communication) is a practical toolkit that provides you with a set of concrete skills that you can use to connect with yourself and communicate more effectively with others.

Numbers are limited, confirm your place by registering at susiespiller.com and paying \$240 to Beauty To You Ltd 030195 0428612 00



10–11 Nov, 9–4.30pm at Earthsong, 457 Swanson Rd, Ranui