



The Art of Living Compassion

Wellington NVC Foundation Training 17 & 18 December 2011 @ 10am-5pm

Based on the Nonviolent Communication (NVC) teachings of Dr Marshall Rosenberg
Centre for Nonviolent Communication www.cnvc.org

Would you like to deal with conflict more skillfully?
Be sensitive to others without giving up your own needs?
Deepen intimacy and have more ease within relationships?

You will leave this workshop with practical concepts and skills you can put to immediate use. Whether you want to improve your relationship with yourself, your family, co-workers or community, your participation in this workshop will open new doors and expand your options. You will gain concrete skills for using daily conflicts to relate more authentically and compassionately – building trust in a multi-sensory learning environment that fosters safety, depth and fun.

Participants will be empowered by embracing empathetic presence to transform usual ways of thinking – opening opportunities for authentic heart to heart connections.
For more NVC information please visit <http://cccanz.info/about%20NVC.html>

NVC Foundation Trainings and more in 2012: <http://cccanz.info/Workshops.html>



Facilitated by Sophia Tara

Executive Director and founder of the Centre for Compassionate Communication Aotearoa New Zealand (CCCANZ) <http://cccanz.info/index.html> She also initiated and founded the Nonviolent Communication grassroots movement in NZ's capital city Wellington Region. Over the years, she organised NVC workshops for participants from all over Aotearoa-NZ, and trained with overseas certified trainers from the USA, UK, Australia and NZ's Ron Ngata. She also trained with the founder of NVC, Dr Marshall Rosenberg, Robert Gonzales from Living Compassion and Miki Kashtan of BayNVC.

Sophia offers NVC trainings, practice groups and empathy circles. She has facilitated workshops for a wide range of groups, including Steiner, Intentional, Buddhist, Inter/national Peace and Disarmament groups, teachers/parents in school communities, and the general public. She deeply resonates with the Spirituality of NVC, and has an abiding interest in First Nations, the plight and healing of the world's indigenous people, through NVC and cultural-spiritual awareness. <http://cccanz.info/Workshops.html>

Training Venue: Wellington City (instructions of the venue on registration)
Contribution: \$150 ~ or \$120 if you've participated in Sophia's previous workshops.
Payments: Internet bank/deposit **Spirit of Peace**, Kiwi Bank **38-9006-0358290-00**
or write cheques to: **Spirit of Peace, P O Box 7039, Wellington**
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