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☞ HEART OF THE MATTER ☞ ☞ COMMUNICATION THAT CONNECTS ☞

Based on Marshall Rosenberg's "Nonviolent Communication" (NVC), this weekend workshop offers an alternative way to communicate that can increase your chances of being heard in the way that you would like, and of hearing others for what they really mean! This model of communication is fun and simple to learn and supports us to communicate in a way that is clear, compassionate and effective. We will look at how to observe without judging, express your true feelings and what it is you need, and make clear requests.

Facilitators: Mareile Stoppel and Meagan Rutherford

Dates: 2, 3 and 4 March 2012

Times: Friday 7-9 pm
Saturday and Sunday 10am-4pm

Cost: \$50 waged and \$35 unwaged

Location: *Parkview Community Lounge, Parklands
75 Queenspark Drive (opposite
Parklands Shopping Centre)*

Please bring a plate for shared lunch each day

There is the possibility to have a support group with five sessions to reinforce and practice the principals learned in the weekend workshop. This will be organised at the Nonviolent Communication Weekend Workshop and the support group will be facilitated by Meagan Rutherford.

ENROLLMENT AND PAYMENT ESSENTIAL
Women's Centre
Ph: 386-2035
95 Hill Road, Edgeware