

you are wholeheartedly invited to a practical and interactive training, based on principles of **'authentic communication'**, equipping you with simple yet powerful skills to **transform your challenges into life's opportunities** and **mutually rewarding relationships**

seeing you, being me

the journey to your heart and to the hearts of others



training starts with a **weekend workshop** in **march 3rd & 4th 2012** in **auckland** followed by a **3 months long weekly practice** - both at home on your own (1 hour/week) and over a phone with a peer (1 h/week) for those who chose to incorporate the learning into their daily life

learning the principles of 'authentic communication' gives you a **choice** about how you respond to any given circumstances and to what you yourself or others think, do or say it **empowers you to connect** to people (as well as to yourself) in a way that creates mutual understanding, partnership and outcomes that work for you as well as for others

at the workshop we will be exploring how to

- respond when others do not behave as we'd like them to
- respond when we ourselves do not like what we did
- free ourselves from hearing and expressing blame, judgment and criticism
- listen to 'difficult to hear' messages
- express ourselves honestly without insulting people
- be heard to complete satisfaction
- hear others the way they want to be heard
- inspire willing cooperation with others
- prevent conflicts
- enjoy people without wanting to change them
- connect with each other (or ourselves) in a way that serves both parties

when?... saturday the 3rd of march, 8:45am - 5:30pm, sunday the 4th of march 2012, 8:45 - 4:30pm and the following thirteen weeks *

where?.....balmoral playcentre, 258 balmoral rd., balmoral, auckland or (if less than 7 participants) 74 golf road, new lynn, auckland

how much?... two options:

1. \$ 290 per person, payment due in full at the end of the w/shop; early bird price \$240 - full payment due by the wed. 22nd feb.
2. 'radical partnership' model (see the description below)**

how many participants?.... up to 12

registration... send or email your name, email address, tel. number and \$60 non-refundable deposit to the address at the bottom of the flyer (please see the payment details at the bottom of the page)

payment options: send me a cheque payable to miro zaleta of 74 golf rd. new lynn, auckland or tap on my shoulder and give me cash or pay directly to my bank account #:38-9012-0031825-00

please include reference: 02/12 and your name, thank you

what is 'authentic communication'(a/c)?

a/c (also known as 'compassionate' or 'nonviolent' communication - nvc) can be seen as a 'state of mind' as well as a **practical, simple and empowering 'communication tool'** that enables us to modify the way we perceive what's going on around us, how we hear others and how we express ourselves. it is effective even when other people involved are not familiar with the process

authentic communication creates opportunity to:

create mutually enriching relationships particularly with those close to you @ communicate effectively in both your private and professional life @ find equally satisfying solutions without compromises @ dissolve long term blocks in communication @ prevent, mediate and resolve conflicts @ heal from traumatic relationships and experiences @ understand and resolve the roots of guilt, shame and depression @ transform anger into natural, non-destructive emotions @ become compassionate and self-confident at the same time @ learn giving and receiving out of pure joy @ deal with criticism without bitterness and loss of self esteem @ reclaim self-confidence within and support it in others @ move from patterns of obedient behaviour into partnership @ connect with organizations on human and personal level @ hear and say 'no' in a way that serves both parties @ empower yourself in r/ships @ approach r/ships from the place of partnership and equality rather than from 'power over' dynamics @ respond in accord with your values even when you are triggered @ accept and enjoy yourself

for more info on 'authentic communication' go to www.cnvc.org or www.nvc.org.nz

contact on me: mirozaleta@yahoo.com tel. 09 827 0545

* it is my experience that unless the insights and the tools learned at the weekend are not reiterated/reinforced the new learning can fade out over time and people slip back to the pre-workshop mode of functioning. the valuable learning gets lost. for that reason i am inviting you to participate on a 13 weeks long 'follow up practice' where through practicing at home and other real life settings (and with a workshop buddy) you will have an opportunity to fortify/seal what you have learned as well as apply it in your everyday life

**radical partnership model - for this option i'm asking you to pay what you decide in three stages:

1. the first payment at the end of the w/shop. i will invite you to check in with yourself and write down the amount of money that feels good based on how much you value what you just learned and experienced. for your privacy i will ask you to handle it to me in an envelope provided. please bring cash or your cheque book with you. note that i will return the deposit money to you on your arrival to the w/shop
2. i will ask you for a next payment at the end of the follow up period
3. about six month later i will request the final contribution; again based on how much you value the impact of the model on your life

this method is based on the value you receive, as opposed to how much you can afford to pay. it gives me a straight feedback about the quality of my workshop. it meets my needs for inclusion, hope, and concrete action toward bringing peace to our world. hoping to meet these needs, i ask that you contribute not more than you are able to. if you do not have bulk funds, i am open to instalments or other inventive arrangements so the perceived value is paid in full. if you are unclear or uncertain, please let me talk to you about it.

there is another vital message behind the concept i'd like you to hear: "*money is absolutely important for me as an effective means of sustaining myself in the society. at the same time i do my best avoiding any attachment to it*"