

Communicating from the Heart

A weekend Foundation Training
learning and exploring Marshall Rosenberg's Nonviolent Communication (NVC)
with Meagan Rutherford and Mareile Stoppel

May 25-27th 2012, Fri 7-9pm, Sat/Sun 9am-4pm
Christchurch Rudolf Steiner School, 19 Ombersley Tce, Opawa

**Practicing NVC as a way of relating can bring more harmony, trust, respect,
compassion and connection into all our relationships**

NVC does this by;

- ❖ making us aware of ways of thinking and communicating that typically lead to disconnection and conflict
- ❖ supporting us to identify and 'listen' to our true feelings and the message they are telling us about our needs and what we are wanting
- ❖ giving us a framework to express honestly and clearly what is going on for us and to make clear positive requests
- ❖ guiding and inspiring us to deeply hear what is going on for others with empathy and openness
- ❖ encouraging us to take responsibility for our needs by offering an alternative to the 'blame, or who's right?' game

Come begin the journey from conflict to connection!

Cost: \$160.00. Early bird \$130 if paid by 11th May. Meals included.

To Register or for more information please contact:

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Mareile ph: 03 329 3299, 027 202 6660, Email: mareiles@ch.steiner.school.nz

Payment: M J Rutherford, Kiwibank Acc 38 9002 0290049 04 (incl. name + CH as reference)