



**In the middle of difficulty
lies opportunity**

EMPATHY

with **Susie Spiller**

Compassionate Communication NVC Weekend Foundation Training

Conflicts are natural and can be handled.

NVC (Nonviolent Communication) is a practical toolkit to cultivate your values.

Understand where others are coming from and see their humanity. Create authentic connections with yourself and others, instead of impulse, habits, 'shoulds' or rebellion.

In a nutshell the aim is to make life more wonderful.

Limited to 12 participants so please confirm your place by registering at susiespiller.com.

Ashram Yoga, 24 Cheshire St, Parnell, 25 & 26th May, 10–5