



**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](http://susiespiller.com).

**Earthsong, 457 Swanson Rd, Ranui. 14 & 15 Sept, 9–4.30**