

# Intro to Compassionate Communication

## Also known as NVC – a 1 day 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.

### You will learn to:

- receive effective communication and conflict resolution skills
- transform the thinking, moralistic judgments, and language that keep you from the enriching relationships you dream of
- practice self empathy which supports and strengthens nervous and immune systems
- making clear requests
- take 100% responsibility and experience freedom and choice
- identify your own value system rather than an external value system
- release others from the hallucination that they create your reality
- brake patterns of blame and criticism by noticing interpretations
- wake up to values behind internal dialogues and be more connected to life and flow

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

Please confirm your place by registering at [susiespiller.com](http://susiespiller.com). Cost \$80.

**Reap, 21 Pyne St, Whakatane  
Saturday 17th August 10–5pm**

**In the middle of difficulty  
lies opportunity**



**EMPATHY**  
*with* **Susie Spiller**