



COMMUNICATION for CONNECTION

Based on the principles of
Compassionate Communication (NVC)
As developed by Dr. Marshall B. Rosenberg www.cnvc.org

Personal and Professional Communication Development

Parents, Children, Spouse, Employer, Employees, Co-workers, Siblings, Friends or your dialogue with yourself... These courses are for anyone who would like to bring ever greater quality of connection into their relationships and experience peace and clarity even at the tricky times!

NVC Foundation and Parenting Trainings: Hastings

<u>FOUNDATION:</u>	6 weeks	Mar 4th Tues's	7.30pm to 9:30pm
<u>FOUNDATION:</u>	Weekend	Mar 1st-2nd	9.00 am to 4.30pm
<u>PARENTING:</u>	6 weeks	Mar 5th Wed's	10am to 12:30

Investment: \$200

Private group trainings on request

Registration: Filipa Hope 0274-513-445 filipahope@gmail.com



I have been delivering public workshops and private trainings since Feb 2010. NVC living helps me experience the freedom that comes from awareness in abundance of choice and the Joy that comes from ever deeper qualities of connections - that are possible in all relationships.

More information: www.nvc.org.nz

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Viktor E. Frankl