

# Communication from the Heart

A Weekend NVC Foundation training  
based on Marshall Rosenberg's Compassionate Communication (NVC)  
Facilitated by Meagan Rutherford, with Phil Toms

May 24-25<sup>th</sup> 2014, Sat/Sun 9.30am-4.30pm  
South New Brighton Community Hall, 74 Beatty St, Christchurch



*Most of us have been educated to think and communicate in terms of what is “right” and “wrong” with others. Without intending to even people with the best intentions can generate needless conflict and misunderstanding.*

In this workshop learn to;

- ❖ Identify patterns of thinking and communication that typically lead to disconnection
- ❖ Express yourself honestly and authentically, and be truly heard
- ❖ Hear others with empathy and openness, without being triggered
- ❖ Connect to and value your needs, and the needs of others, equally
- ❖ Make clear, doable requests

***“...when people learn to communicate effectively with each other, their lives and their relationships can be truly transformed.”***

Cost: \$170.00 waged, \$140 unwaged or couples p/p  
A \$50 non-refundable deposit required to reserve a place  
Morning/afternoon teas provided

To Register or for more information please contact:  
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Payment: M J Rutherford, Kiwibank Acc. 38 9002 0290049 04 (incl. name + MayNVC as reference)