

Take Charge of Your Life With Response-Ability



Do You Sometimes

- Do things with resentment because you think you have to do them?
- Get stuck in blaming yourself for actions you wish you could undo?
- Find yourself in circumstances in which you feel you have no choice?

Would You Like to Learn To

- Make choices based upon your deepest values and needs
- Let go of blame and deeply learn from your mistakes
- Recognize your choices in every situation

Join This 4-Week Workshop

To investigate how to embrace your personal power and understand your moment-to-moment choices to take charge of your life

Wednesdays 6, 13, 20, 27 May, 2015 from 7:00-9:00 PM

Torbay, Auckland

\$80.00 (for total of 8 hours)

For info or registration:

jean.mcelhaney@gmail.com or 022 192 3202 or land line 473 7344

Facilitator: Jean McElhaney

Certified Trainer for the Center for Nonviolent Communication (<http://www.cnvc.org>)