

PRACTICAL SPIRITUALITY (Part Two):

Expressing What you Want with Honesty and Care

Whether you follow a traditional religious path, consider yourself spiritual but not religious, or just try to journey through life as a decent human being, you most likely want to be both honest and caring, to be yourself and to be connected in a loving way with others. And yet, this can be challenging in our everyday interactions! Does this ever happen to you:

- Sometimes it is easier to know what you do not want than what you really long for?
- You hold back from asking for what you truly want because you are afraid of rejection?
- You think if you hear “no,” one of you has to give in?
- You are afraid to say “no” yourself because you want to stay connected?

You are warmly invited to join us! We will explore how to identify what matters and gain access to what you yearn for. We will explore what stops us from doing this, and we will practice making powerful requests that are both authentic and compassionate.

When: Saturday 19 July 2014, 10:00-4:00

Where: 1/19 Killarney Ave, Torbay, Auckland

Registration cost: Requesting \$40-\$65

For information or to register:

please email jean.mcelhaney@gmail.com

or ring 9 473 7344 or 022 192 3202



Jean (Majida) McElhaney is ordained as an interfaith minister, licensed as a professional counselor and clinical social worker (U.S.), and a CNVC-certified trainer of Nonviolent Communication. She offers workshops, mediation and conflict coaching, classes, empathy circles, and individual sessions to help you integrate your values into your communication.

UPCOMING OFFERS (all in Torbay, North Shore of Auckland):

- **Open practice group** 2nd & 4th Mondays 7 p.m. Come when you can to practice applying NVC principles and skills to your life. This will be oriented to practice and application rather than learning the basic concepts. Koha \$0-20.
- **Monthly Empathy Circle:** 22 July, 26 August (4th Tuesday evenings) 7-9 p.m.. Focused on giving and receiving empathy. Koha \$0-20.
- Experience **NVC Dance Floors!** With Jean and Phil Toms; one workshop over 2 days (16, 23 Aug). We will practice the dance of communication: speaking and listening based on compassionate and honest connection with yourself and others. (Note: This is not a dance class. The dances are a visual and spatial metaphor.)
- Available to offer custom-designed workshops for your group.

Please contact Jean for more details or if you are interested but the times or fee request do not work for you.

