

HEART SPEAK



Relating Peacefully and Powerfully...

This course, based on the principles of **Nonviolent Communication (NVC)** developed by Marshall Rosenberg, (www.cnvc.org), will introduce you to a Heart centered consciousness, and toolset to help get to that place and stay there, even when your buttons are being pushed!

- *Understand the conditioning that alienates you from your natural state of compassion*
 - *Learn to express yourself clearly and confidently - without blame or judgement*
 - *Be present to others without taking their words and actions personally*
 - *Resolve conflicts peacefully, valuing everyone's needs*
 - *Transform guilt, shame, anger and depression*
 - *Embrace the FULL range of human emotions*

When: 1st & 2nd November 2014, 9.30am-5pm

Where: Far North Natural Health Centre, Coopers Beach

Cost: Sliding Scale \$130-\$250. Pay what feels comfortable for you.

(I am committed to sharing NVC with anyone who wants to learn, so if cost or anything else is a barrier for you, please contact me to work something out.)

More info/To register: Ph Jocelyn 027 714 5668 or email jocelyn4peace@gmail.com,
www.nvc.org.nz



Facilitator: **Jocelyn Kennedy**. I am a student in Life, learning how to Be and let others Be. I discovered NVC in 2005, and went on to train with Marshall Rosenberg and many other NVC trainers in the US, NZ and Australia. I have since shared NVC through general public courses, in Domestic Violence and Sexual Abuse agencies, Mental Health organizations and with teens. I also offer one-to-one, parenting, couples support and NVC mediation. I am inspired by the transformation NVC has supported in my own and others' lives, and am committed to contributing to the creation of a world where hearts soften as we focus on what is the same in all of us, and the hard edges of "you" and "me" dissolve.

*"Out beyond ideas of wrongdoing and rightdoing, there is a field.
I'll meet you there."
Rumi*