



# COMMUNICATION for CONNECTION

*Based on the internationally successful principles of*  
**Nonviolent Communication (NVC)**

*As developed by Dr. Marshall B. Rosenberg*

Improve all aspects of your life through more effective communication. This easy process inspires our natural willingness to listen and support each other. We all want to nurture our relationships. We all want to model compassionate and effective communication that empowers and enriches ours and others lives, especially our children. How do we do that when our buttons are being pushed, we are tired, hurt or overwhelmed?

NVC is a 'how to' process that really works!

## **Foundation and Parenting Trainings: Hastings**

**Parenting focus over 6 weeks** begins **May 5th** 7.15pm to 9.30pm

**Foundation Course Weekend** **May 16<sup>th</sup> – 17<sup>th</sup>** 9am to 4.30pm

Investment: \$200

## ***Private Group/Staff Trainings by Request***

**Facilitator:** Filipa Hope 0274-513-445

[filipahope@gmail.com](mailto:filipahope@gmail.com)

NVC has been my personal practice since 2006 & I have been teaching since 2010. NVC supports me to live my values and hold my boundaries with confidence. As a parent I have a personal passion in being the model I want to be for my children and love empowering others through NVC as I continue to be empowered.

***More information:*** [www.nvc.org.nz](http://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

