



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. How do we do that when our buttons are being pushed, we are tired, hurt or overwhelmed?

NVC is an easy 'how to' process that really works!

NVC Foundation Training:

Palmerston May 23-24th 9am to 4.30

Investment: \$220 per person (early bird \$200 if \$50 deposit by May 12th)
\$180 per person for 2 people coming together

Register by calling Alice: 06 3637575 or 027 2623666

Email: alice@bewellnaturally.co.nz or contact:

Facilitator: Filipa Hope 0274-513-445

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