



**In the middle of difficulty
lies opportunity**

EMPATHY
with **Susie Spiller**

**Compassionate Communication
NVC Weekend Foundation Training**

Conflicts are natural and can be handled.

NVC (Nonviolent Communication) is a practical toolkit to cultivate your values.

Understand where others are coming from and see their humanity. Create authentic connections with yourself and others, instead of impulse, habits, 'shoulds' or rebellion.

In a nutshell the aim is to make life more wonderful.

Limited to 12 participants. For dates and registration, please visit:

susiespiller.com