

## Compassionate & Harmonious Communication Workshop

This unique 'language of the heart' will transform the way you relate to yourself and other people; family members, partners, friends, colleagues, clients, customers - everyone. It provides a particularly effective method for responding to those 'difficult-to-hear' comments when people say what we don't want to hear and when situations don't turn out the way we expect.

**"Judgements, criticism and violence are tragic expressions of unmet needs."**

Dr. Marshall B. Rosenberg

NVC  
is based on the  
following principles:

- ♥ ***Everything we do is an attempt to meet a need***
- ♥ ***We have the same human needs***
- ♥ ***It is possible to be empathic with everyone***

This workshop will teach the principles and practices of Nonviolent Communication (NVC). These will include noticing and expressing what is *actually* being heard and seen without judging or blaming; *connecting* feelings with needs you are *attempting* to meet, rather than other people's behaviour. Articulating clear '*do-able*' requests; *empathising* with this process in others. After this workshop you will be able to use NVC to bring more kindness, empathy and harmony into your personal and professional relationships.

*"I found Nonviolent Communication to be the best workshop I have ever attended. It has opened up a deeper way of communication both professionally and personally." Steve K. - Teacher*

**Facilitator: Stephen May (aka Guhyasiddhi)** trained intensively with the late Dr. Rosenberg and other certified CNVC trainers in the UK and NZ, and has co-facilitated these workshops in NZ & Oz since 2006 with Anita Wacker. He is a Counsellor, Supervisor & member of the Triratna Buddhist Order. For more information about NVC visit: [www.cnvc.org](http://www.cnvc.org) or [www.nvc.org.nz](http://www.nvc.org.nz)

- When: **Friday 10 July & Friday 17 July 2015 – 9.30am to 4.30pm**
- Where: **Auckland Buddhist Centre, 381 Richmond Rd. Grey Lynn, Auckland.**
- Investment: **\$250** (pay to S May 38 9000 0301031 07 (with name & NVC workshop) - includes morning and afternoon tea
- To book contact: **Stephen** [guhyasid@ihug.co.nz](mailto:guhyasid@ihug.co.nz) or 480 1067 / 021 297 0372