

Asking for What you Really Want with Honesty and Care

Do you sometimes:

- Know what you don't want but are not sure what you do want?
- Stop yourself from asking for what you want because you fear rejection?
- Worry when what you and someone else want seem to conflict?
- Give in to what others request because you want to stay connected?

Would you like to learn to:

- Gain clarity on what really matters to you?
- Increase your confidence in making requests?
- Navigate conflict with greater freedom?
- Say yes only when you genuinely choose to?

JOIN US FOR THIS FOUR WEEK WORKSHOP:

Through interactive exercises, discussion, and individual reflections, we will develop skills and insights required for making and receiving requests that are authentic, powerful, and compassionate.

When: Weds 28 October-18 November 2015

Where: Torbay, Auckland

Registration cost: \$80 for all 4 weeks (8 hrs)

For information or to register:

please email jean.mcelhaney@gmail.com

or ring 9 473 7344 or 022 192 3202



Jean (Majida) McElhaney: certified trainer with the Center for Nonviolent Communication. Offering workshops, mediation, conflict coaching, empathy sessions, and individual coaching to support congruence between your values, words, and life.

