



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.

We all find communication difficult at times. We all want to be heard and understood. We all want to engage co-operation and respect. We want to be able to articulate with clarity when what's happening is not working for us. We want to be able to communicate with ourselves in ways that best serve us as well.

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

NVC BASIC FOUNDATION WORKSHOP - HASTINGS

6 weeks - Tues evenings: begins Aug 25th 7pm

OR, if you would like to focus on Parenting....

NVC PARENTING WORKSHOP - HASTINGS

August 8th & 9th 9am to 4:30pm

Workshop cost: \$220 (\$195 with \$50 deposit week prior)

FACILITATOR: Filipa Hope filipahope@gmail.com ph: 027.451.3445



NVC has been my personal practice since 2006 & privilege to teach since 2010. As a parent I have a personal passion in being the model I want to be for my children, especially in the most trying of times. NVC supports me with the skills and awareness to do this in all my relationships. I love helping others to discover the power of NVC.

More information: www.nvc.org.nz