

Compassionate & Harmonious Communication Workshop

This unique 'language of the heart' transforms the way you relate to yourself and other people; family members, partners, friends, colleagues, clients - everyone. It provides a particularly effective method for responding to 'difficult-to-hear' comments when people say what we don't want to hear and 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 include awareness of 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 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, has co-facilitated these workshops with Anita Wacker in NZ & Oz since 2006. He is also a Counsellor and member of the Triratna Buddhist Order. For more information about NVC visit: www.cnvc.org or www.nvc.org.nz



- When: **Friday Oct 2 9.30am - 4.30pm & Saturday Oct. 3 10am - 5pm**
- Where: **Wellington Buddhist Centre, 6-8 Broomhedge St. Mt Cook.**
- Investment: **\$250** (pay to S May 38 9000 0301031 07 with name & NVC workshop) - includes morning and afternoon tea
- Bookings: email **Stephen** guhyasid@ihug.co.nz or phone/txt 021 297 0372