

# Communication from the heart

An NVC foundation training  
based on Marshall Rosenberg's Compassionate Communication (NVC)  
Facilitated by Meagan Rutherford, & Phil Toms

October 3<sup>rd</sup> & 4<sup>th</sup>, 2015, Sat/Sun- 9.30am to 4.30pm  
Dunedin Rudolf Steiner School, 1 Fern Rd, Maia



Most of us have been educated to think and communicate in terms of what is 'right' and 'wrong' with others, often leading to conflict and misunderstanding.

In this workshop learn to;

- ❖ Identify patterns of thinking and communicating that typically lead to disconnection
- ❖ Express yourself honestly and authentically
- ❖ Learn how to stay connected to what you value during any interaction
- ❖ Hear the needs behind whatever anyone says or does
- ❖ Listen so others are really heard
- ❖ Make clear, doable requests that move toward meeting your needs, while holding the needs of others equally

***"If another can make me angry then I am not master of myself"***

Cost: \$160.00  
\$50 deposit required to reserve a place

Local contact: Jorinde Rapsey, Email: [blossomtreehomebasedece@gmail.com](mailto:blossomtreehomebasedece@gmail.com)

To Register or for more information please contact Meagan in Christchurch:

ph: 03 388 5874, 021 169 4361, Email: [meagan.rutherford@gmail.com](mailto:meagan.rutherford@gmail.com)

Payment: M J Rutherford, Kiwibank Acc. 38 9002 0290049 04 (incl. name + 'Dunedin' as reference)