

An Introduction to

Compassionate Communication

Also known as NVC - a 2 day training

Conflicts are natural and can be handled.

NVC (Nonviolent Communication) is a practical toolkit to cultivate your values.

Understand where others are coming from and see their humanity.

Create authentic connections with yourself and others, instead of impulse, habits, 'shoulds' or rebellion.

You will learn to:

- Receive effective communication and conflict resolution skills
- Transform the thinking, moralistic judgments, and language that keep you from the enriching relationships you dream of
- Practice self empathy which supports and strengthens nervous and immune systems
- Make clear requests
- Take 100% responsibility and experience freedom and choice
- Identify your own value system rather than an external value system
- Release others from the hallucination that they create your reality
- Break patterns of blame and criticism by noticing interpretations
- Wake up to values behind internal dialogues and be more connected to life and flow

In a nutshell the aim is to make

life more
wonderful

Cost \$170 includes lunch.

To register contact Mareile:

027 2026 660 or
mareiles@xtra.co.nz

Rudolf Steiner School
19 Ombersley Terrace, Christchurch.

17th - 18th October, 9.30am 5pm

Empathy
with *Susie Spiller*

For more info about Susie or NVC go to susiespiller.com

