

A Creative & Interactive Communication Workshop

You are invited to attend this 2 days workshop, based on the principles and practices of **Nonviolent Communication (NVC)**. Also known as Compassionate Communication.

This workshop will transform the way you relate to yourself and other people; your partner, family members, friends, colleagues, clients – everyone. It is particularly useful managing your expectations and those 'difficult-to-hear' conversations, effectively.

"Words matter. However, intention is 90% of communication. Without a clear and conscious intention to connect, even the most skillfully crafted expression can be heard as hollow or manipulative".

S Hart & V Kindle Hodson

NVC principles:

- ♥ *Everything we do is an attempt to meet a need*
- ♥ *We share the same human needs*
- ♥ *Empathy is possible with everyone*

Learn to observe what is happening without judging or blaming; Relate feelings to your values and needs, rather than other people's behaviour; Express what you need and value effectively; Empathise with others in ways that will be mutually satisfying.

After this workshop you will be able to communicate with more awareness, kindness, empathy, and harmony in your personal and professional relationships.

"Stephen is warm and compassionate. Attentive to my need to learn and the groups. Stephen's teaching style kept me engaged the entire time". N. Mans

Facilitator: Stephen May trained intensively with the late Dr. Rosenberg and other certified CNVC trainers in the UK and NZ. He has co-facilitated these workshops with Anita Wacker in NZ & Oz since 2006. He is also a Counsellor . For more information about NVC visit: www.cnvc.org or www.nvc.org.nz



- When: **Friday Nov 13 & 20 9.30am - 4.30pm**
- Where: **Becroft Room (Home & Family Counselling), 2a Seaview Ave, off Onewa Rd, Northcote.**
- Investment: **\$250** (pay to S May 38 9000 0301031 07 with name & NVC workshop) - includes morning and afternoon tea
- To Book contact **Stephen May** on guhyasid@ihug.co.nz or phone/txt 021 297 0372

