



# COMMUNICATION for CONNECTION

*Based on the internationally successful approach 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 respectful co-operation. 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 empower us.

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

### **NVC FOUNDATION WORKSHOP** **HASTINGS**

**February 13<sup>th</sup> & 14<sup>th</sup> 2016**

9am to 4:30pm      Investment: \$220

**FACILITATOR:** Filipa Hope

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It is and has been my privilege to teach NVC 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 supporting others to discover the power of NVC.

***More information:*** [www.nvc.org.nz](http://www.nvc.org.nz)