

Language of the Heart workshop

This 2 day workshop will creatively and interactively communicate the principles and practices of **Nonviolent Communication (NVC)** - also known as Compassionate Communication.

It will transform the way to relate to your own experiences and to the experiences of others; partner, family members, friends, colleagues, clients...everyone.

You will learn how to observe and express what you actually see and hear without judging or blaming. Connect your feelings with your needs and values, instead of other people's behaviour. Make do-able requests of yourself and others, instead of demands or expectations. Develop empathy, instead of conflict.

"When we understand the needs that motivate our own and others' behaviour, we have no enemies"
Marshall Rosenberg

By attending this workshop you will be able to communicate more from your heart, with awareness, kindness and contribute to harmony in your personal and professional relationships.

Principles of NVC

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

"Thanks again for the NVC workshop – one of the most rewarding things I have done.."
Ben

Stephen May (aka Guhyasiddhi) trained intensively with the late Dr Dr Marshall Rosenberg and other certified CNVC trainers. He has co-facilitated these workshops with Anita Wacker in NZ & Oz since 2006. He also works as a Counsellor.

For more information about NVC visit: www.nvc.org.nz or www.cnvc.org



- When: **Fridays March 11 & 18 9.30am - 4.30pm**
- Where: **Becroft Room (Home & Family Counselling), 2a Seaview Ave, off Onewa Rd, Northcote.**
- To Book contact **Stephen May** on guhyasid@ihug.co.nz or phone/txt 021 297 0372
- Investment: **\$250** (please pay direct to S May 38 9000 0301031 07 with your name & NVC workshop) – this includes morning and afternoon tea

