

Communicating from the Heart:

Nonviolent Communication (NVC) Basics

We will develop our capacity to embody

PRESENCE

EMPATHY

and **AUTHENTICITY**

by applying skills and principles of Nonviolent Communication,
developed by Marshall Rosenberg.

These are practical tools that can improve your relationship with yourself, your co-workers, and your friends and family. They offer liberation from old patterns of blame, judgment, and “have to’s” or “shoulds” into **connection**, **freedom**, and a greater sense of **aliveness**.

When: Weds 9 March-13 April 2016 , 7-9 p.m.

Where: Torbay, Auckland

Registration cost: \$125* for all 6 weeks (12 hrs)

For information or to register:

please email jean.mcelhaney@gmail.com

or ring 9 473 7344 or 022 192 3202

Jean (Majida) McElhaney: certified trainer with the Center for Nonviolent Communication. Offering workshops, mediation, conflict coaching, empathy sessions, and individual coaching to support congruence between your values, words, and life.

*If the financial request is a barrier, please let me know so that we can discuss options.

