

Spreading our Wings with NVC:

Taking the Next Step in the Journey

Increase your capacity to:

LISTEN WITH EMPATHY

SPEAK WITH HONESTY

and **LIVE WITH PASSION AND COMPASSION**

by applying skills and principles of

Nonviolent Communication

developed by Marshall Rosenberg



This course is intended to build on the basic concepts of Nonviolent Communication (NVC) for people who have already taken a Foundations course or the equivalent. You can build on the skills you already have, practice and receive feedback, playfully address any pitfalls you may have experienced, and gain more confidence and integration of this path.

When: Wed 7-9 p.m., 25 May– 29 June 2016

Where: Torbay, Auckland

Registration cost: \$155*

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.

