

COMPASSIONATE COMMUNICATION

NVC Weekend Foundation Training

Conflicts are natural and can be handled. NVC (Nonviolent Communication) is a practical toolkit to cultivate your values.

Understand where others are coming from.
Create authentic connections with yourself and others.

You will learn to:

- Receive effective communication and conflict resolution skills
- Transform the thinking and language that keep you from the enriching relationships you dream of
- Practice self empathy which supports and strengthens nervous and immune systems
- Make clear requests
- Take 100% responsibility and experience freedom and choice
- Identify your own value system rather than an external value system
- Release others from the hallucination that they create your reality
- Break patterns of blame and criticism
- Wake up to values
- Be more connected to life

In a nutshell the aim is to make

life more *amazing*

14-15 May 2016
8:45am - 4:30pm

Cost \$280
Bring food for a shared lunch.

38 Queen Mary Ave., New Lyn

To encourage ongoing practice please bring a friend for half price!

To register contact Susie: 021 770 107
or susie@susiespiller.com.



EMPATHY
with **Susie Spiller**