

# NVC *Deepening*

## NVC Weekend Training

A pathway to *deepen*  
into the heart of *compassion*

Drawing from the work of Robert Gonzales, we will explore processes to support you to reintegrate compassion in your lives.

Deepening your awareness of how NVC can enrich your life. Developing key core capacities that enable you to create a map back home to your hearts.

I have found these skills invaluable in my navigation of my inner and outer worlds, I use them daily.

Look forward to contributing to your resilience and care.

--*Susie Spiller*

**6-7 August 2016**

9:30am - 4:30pm

**Christchurch Steiner School**

19 Ombersley Terrace, Opawa

**Cost \$240**

Lunch included

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

**To Register** please email Mareilie [mareilies@xtra.co.nz](mailto:mareilies@xtra.co.nz)

Feel free to call me if you'd like any further information  
Susie 09 5297558



**EMPATHY**  
*with* **Susie Spiller**