



COMMUNICATION for CONNECTION

Based on the internationally successful approach of

Nonviolent Communication (NVC)

As developed by Dr. Marshall B. Rosenberg

Improve all aspects of your life through more effective communication.

We all find communication difficult at times. We all want to be heard and understood. We want to be able to articulate with clarity when what's happening is not working for us. We want to engage respectful co-operation. We want to be able to communicate with ourselves in ways that empower us.

NVC is an easy 'how to' process that really works!

NVC FOUNDATION WORKSHOP **HASTINGS**

Aug 6th and 7th 2016 9am to 5pm

Investment: \$250 (\$220 with \$50 deposit by July 27th)

FACILITATOR: Filipa Hope

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“It is and has been my privilege to teach NVC since 2010. As a parent I have a personal passion in being the model I want to be for my children, especially in the most trying of times. NVC supports me with the skills and awareness to do this in *all* my relationships. I love supporting others to discover the power of NVC.”

More information: www.nvc.org.nz