

# Communicate

## to connect

An NVC Foundation training  
based on Marshall Rosenberg's Compassionate Communication (NVC)  
Facilitated by Meagan Rutherford

4 Wednesday evenings, 6.30pm to 9.30pm, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> August, 2016  
293 Pine Ave, South New Brighton, Christchurch



*Most of us have been educated to think and communicate in terms of what is 'right' and 'wrong' with others. Without intending to even people with the best intentions can generate needless conflict and misunderstanding.*

In this workshop learn to;

- ❖ Identify patterns of thinking and communication that typically lead to disconnection
- ❖ Express yourself honestly and authentically, and be truly heard
- ❖ Hear others with empathy and openness, without being triggered
- ❖ Connect to and value your needs, and the needs of others, equally
- ❖ Make clear, doable requests that move toward meeting your needs

***"...when people learn to communicate effectively with each other, their lives and their relationships can be truly transformed."***

Cost: \$160.00

A \$50 deposit required to reserve a place

To Register or for more information please contact:

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Payment: M J Rutherford, Kiwibank acc. 38 9002 0290049 04 (incl. name + August NVC as reference)