



## COMMUNICATION for CONNECTION

*Based on the internationally successful principles of*

### **Nonviolent Communication (NVC)**

*As developed by Dr. M. B. Rosenberg*

*Discover simple yet powerful new ways to meet the challenges of parenting that combine living your values, holding your boundaries and empowering your children.*

### **NVC is a 'how to' process that really works!**

- \*Reduce family conflicts and sibling rivalry
- \*Move beyond power struggles to cooperation and trust
- \*Create deeper qualities of connection
- \*Protect and nurture the autonomy & learning of children
- \*Stimulate and strengthen intrinsic motivation & reduce reliance on dependence of externals
- \*Find new creative ways to value and meet everyone's needs without conflict or giving in or giving up

## **PARENTING with NVC - Hastings**

**November 26<sup>th</sup> & 27<sup>th</sup> 2016** 9am to 5pm

Investment: \$250 (\$220 w/ \$50 deposit by Nov 16<sup>th</sup>)

Scholarships and group discounts available

**Facilitator - Registration:** Filipa Hope [filipahope@gmail.com](mailto:filipahope@gmail.com) ph: 027.451.3445



"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 that NVC can add to their lives."

**More information:** [www.nvc.org.nz](http://www.nvc.org.nz)

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Viktor E. Frankl*