



COMMUNICATION for CONNECTION

Based on the internationally successful approach of

Nonviolent Communication (NVC)

As developed by Dr. Marshall B. Rosenberg

Discover how more effective communication can enhance your relationships, confidence and creativity.

Communication can be difficult at times. We can struggle to be heard and understood as we want. We can struggle to articulate with clarity when what's happening is not working for us, or find the words that create co-operation. We can all empower ourselves further with more aware self-communication.

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

NVC Foundation Weekend Workshop - HASTINGS

March 25th & 26th 2017 9am to 5pm

Investment: \$250pp (\$220 with \$50 deposit by March 10th)

Facilitator: Filipa Hope 027.451.3445

Registration: filipahope@gmail.com



"It is and has been my privilege to teach NVC privately and publicly 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."

For more information visit: www.nvc.org.nz