



COMMUNICATION for CONNECTION

*Based on the internationally successful principles of
Nonviolent Communication (NVC)
As developed by Dr. M. B. Rosenberg*

NVC Foundation Workshop - Hastings

Discover NVC skill & awareness –

*Enhance your relationships, your confidence, and your
creativity to turn disconnection into connection & collaboration.*

Communication can be difficult at times; being heard & understood, connecting with others when they are unclear, defensive, or aggressive, inspiring motivation & cooperation, and staying compassionate with our self.

NVC is a 'how to' that works!

July 1st & 2nd 9am to 4.30pm

Investment: \$250 (\$220 with \$50 deposit by June 20th)

Facilitator-Registration: Filipa Hope filipahope@gmail.com 027.451.3445



Teaching NVC since 2010 to parents, couples, educators, therapists... "As a parent, I want to model empathy, self-responsibility and the ability to hold boundaries firmly. I want to model connection skills that nurture empowerment. NVC supports me to live my values with strength & awareness. I love supporting others to discover the power in NVC for more effective communication & connections."

More information: www.nvc.org.nz