

# The Gift of Empathy

A 1-Day Basic Workshop on Nonviolent Communication™

*"I want to know if you can sit with pain, mine or your own, without moving to hide it, or fade it, or fix it." -- Oriah Mountain Dreamer*

**Nonviolent Communication<sup>SM</sup>**, developed by international peacemaker and mediator Marshall B. Rosenberg, Ph.D., is a powerful process for healing violence by restoring empathic connection between people. Nonviolent Communication can heal violence that we inflict on ourselves, which often can lead to depression and suicide. **This workshop will focus on the development of empathy skills, sacred listening, and the creation of empathic community.**

**Venue:** Te Rā Waldorf School, 89 Poplar Ave, Raumati South

**Date:** Saturday 3 June 2017

**Time:** 9:00am to 4:00pm

**Cost:** \$60 unsalaried, \$90 salaried. ANY ADDITIONAL KOHA ARE GREATLY APPRECIATED AND WILL BE USED TO SUPPORT THOSE WHO CANNOT AFFORD NORMAL COSTS. PLEASE LET ME KNOW IF YOU WANT TO ATTEND BUT CANNOT AFFORD THE SUGGESTED COST ABOVE.

**Trainer:** Ron Ngata (Ngāti Porou) is a certified trainer with the Center for Nonviolent Communication (CNVC) based in the USA and has been providing training in New Zealand since 2003. He has provided training to various groups and organisations across the country, including youth mentoring programmes, Lifeline counsellors, problem gambling services, domestic violence workers, educators and parents, and business managers and employees. He is available for group or personal training and support.

**Waldorf staff contact:** Paul Fletcher

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**FOR INFORMATION AND BOOKINGS, CONTACT RON BY THURSDAY 1<sup>st</sup> JUNE ON:**  
[ron.ngata@gmail.com](mailto:ron.ngata@gmail.com) or 0223039009

**Name:**

**Contact information:**

**How many people attending:**