

Communicate with Empathy

An Introduction to Nonviolent Communication (NVC)

This 2 day workshop will focus on the development of empathy skills. The 4 step model of NVC offers a practical toolkit that supports connection.

Helps with:

- Conflict resolution
- Stress management
- Intimate partnerships
- Positive parenting
- Balancing work/play

11-12 November, 2017

10-4pm

\$200

Port Marlborough Pavilion

181 Waikawa Rd, Picton

Facilitators: Anna Groves and Rob ten Broeke have over 15 years experience in NVC. Anna is a Certified Trainer (CNVC) and Movement Specialist, teaching Dance and Yoga. Rob is a Certified Hypnotherapist, NLP Practitioner and Musician. They run wellness retreats and offer individual sessions.

Bookings:

Kim.pears3@gmail.com

027 299 2991

\$50 deposit

A R Groves: 38-9006-0480819-09

www.nvc.org.nz

