

# Communicate and Connect

## *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

---

***2nd - 3rd September, 2017***

***10 - 4pm***

***\$250***

***50 The Terrace, Wellington***

---

**Facilitators:** Anna Groves ten Broeke is a certified CNVC Trainer. She has facilitated training's nationally for over 10 years, offering workshops, individual sessions, and coaching for new NVC trainers. Anna supports sustainability, and the full-bodied integration of NVC, training people to build NVC networks within their own communities. She is also a Somatic Practitioner and teaches yoga and dance. Anna will be assisted by Adam Shand who is working towards becoming an NVC Trainer. He is currently a manager at Weta Digital with a background in business and technology. Adam runs an NVC inspired weekly support group for managers with his sister Amy, called "Managers Anonymous".

---

## ***Bookings:***

Click here to register: [nvc.lilregie.com](http://nvc.lilregie.com)

[adam@shand.net](mailto:adam@shand.net)

---

*\$50 deposit*

**A R Groves: 38-9006-0480819-09**

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

