

COMMUNICATION for CONNECTION



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

NVC Workshop - Hastings

Discover how NVC skill & awareness Empowers!

*Strengthen your relationships, your confidence, your
creativity, and your ability to connect with yourself and others.*

NVC offer communication skills for; getting heard & understood, inspiring motivation & cooperation, understanding others when they are defensive or aggressive, holding boundaries firmly, and staying compassionate with our self.

NVC is a practical 'how to' that works!

Sept 9th & 10th 9am to 5pm

Investment: \$250 (\$220 with \$50 deposit by Sept 1st)

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



Teaching NVC to groups since 2010. "What I love about NVC is that it continually supports me to build my capacity for self-connection, empathy, holding my boundaries, and communicating in a way that stimulates my/our natural will to contribute and cooperate. NVC helps me live my values with confidence & compassion. It's a great pleasure & privilege to support others to discover NVC."

More information: www.nvc.org.nz