

COMMUNICATION for CONNECTION



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

Nov 5th & 6th - Hastings

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

NVC is a simple, yet powerful 'how to'!

Workshop 9-5pm both days - Cost: \$250 (\$220 with \$50 deposit by Oct 27th)

Free Introduction seminars:

Come along and find out if you are interested...

Sept 24th 1pm to 3.30, **Sept 27th** 6.30 – 9pm, **Sept 29th** 9am – 11.30

I welcome group requests for private workshops & Intro's

Registration w/ facilitator: Filipa Hope filipahope@gmail.com 027.451.3445



Teaching NVC since 2010. "What I love about NVC is that it continually supports me to build my capacity for self-connection & authenticity, empathy, connecting in a way that stimulates my/our natural will to contribute and cooperate. NVC helps me live my values with confidence & compassion and experience more joy & fulfilment. It is my pleasure & privilege to support others to discover NVC."

More information: www.nvc.org.nz