

COMMUNICATION for CONNECTION



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

Free Introduction seminar:

February 25th 6.30 – 8.30pm

Come along and find out what so many people are talking about; these tools will support you, your family, and work environment.

Foundation NVC Workshop

Beginning Wed Feb 28th 9.30am to 12

Delivered over 6 consecutive weeks

At HeartSpace - Yoga & Lifestyle: 208 Heretaunga Street East, Hastings

Learn new skills to untangle the tangles in your communication and connection. Through gaining a clearer picture of the snares and the supports to communication and connection, the answers that emerge are the ones you've been looking for. NVC is relevant, practical, and an empowering 'how to'!

Registrations to: Filipa Hope filipahope@gmail.com 0274.513.445



Filipa has been teaching NVC since 2010 and is an approved provider for the Ministry of Ed for ECE staff PD. "What I love about NVC is that it continually supports me to build my capacity for self-connection, authenticity, and empathy with others. I am empowered to be & model these life skills for my children; living my core values with confidence & compassion in all my relationships. It is my pleasure & privilege to be able support others with experiential learning of NVC tools and awareness."

Workshop tuition: \$250 (\$220 with half deposit by Feb 22nd)

More information: www.nvc.org.nz