

COMMUNICATION for CONNECTION



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

Foundation Workshop Dunedin

May 5th & 6th 9am to 5pm

Learn new skills to untangle the tangles in your communication and connection both with others and yourself. Improve your ability to discern between language that empowers us and some of our conditioned language that disconnects and limits us. Find ways to get to the heart of the matter-what you care about most with greater ease, clarity and articulation.

NVC is an simple and practical 'how to'!

Tuition: \$250 (\$220 with \$50 deposit by 10 April)

Facilitator: Filipa Hope filipahope@gmail.com 027.451.3445



Teaching NVC since 2010 to parents, couples, educators, therapists... "As a parent, I want to model empathy, self-responsibility and the ability to hold boundaries firmly. I want to model connection skills that nurture empowerment. NVC supports me to live my values with strength & awareness. I love supporting others to discover the power in NVC for more effective communication & connections."

More information: www.nvc.org.nz