

COMMUNICATION for CONNECTION



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

Free Introduction seminar:

Sunday **April 29th** 6pm to 8

You are warmly invited to come find out for yourself what NVC has to offer.

Workshops coming up:

May 10th Thursday evenings

Delivered over 6 consecutive weeks 6pm to 8.30

May 26th & 27th Weekend

9 to 5 both days (includes morning and afternoon tea)

An empowered life is in our inner ability for self-awareness, self-motivation, discernment, and other capacities that support us to live a life of our choosing rather than our reactions. NVC helps us see our blind spots and provides skills and awareness with communication and connection that help enhance the way we live in relationship (including with our self) that reflects our values and highest aspirations.

NVC is relevant, practical, and an empowering 'how to'!

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Teaching NVC since 2010 & an approved provider with Ministry of Ed for ECE staff PD. "What I love about NVC is that it continually supports me to build my capacities to meet life from a place of my choosing rather than my reactivity and limiting habits and conditioning. I am empowered to live my core values with confidence & compassion in all my relationships and model this for my children. It is my pleasure & privilege to be able support others to access the empowerment NVC offers."

Tuition: \$250 (\$220 with \$50 deposit by April 30th)

More information: www.nvc.org.nz