

TRANSFORMING ANGER, SHAME AND GUILT

Do these words make you want to hold your breath, run, hide, or tense up?

Would you like to have a life free of them?

Would you like to respond more effectively when people around you are stuck in them (or taking their feelings out on you)?

This series of workshops, based on the principles and skills of Nonviolent Communication, will offer you the opportunity to find the hidden gifts within these powerful human experiences. Instead of reacting,

Learn to Respond with Power and Choice

We will utilize discussion, guided meditation, written reflection, and experiential exercises (e.g. NVC Dance Floors, Body NVC, and/or role-plays).

This is a three part series. You can come to **one, two, or all three.**



When: **Saturday 21 April, 10-5 p.m. Transforming Anger**

Saturday 12 May, 10-5 Transforming Shame

Saturday 9 June, 10-5 Transforming Guilt

Where: **Torbay, Auckland**

Facilitator: Jean (aka "Majida") McElhaney,

certified Nonviolent Communication trainer; licensed (US) social worker and counsellor

Financial request: \$85/day or \$240 for all three

Request registration a week before each workshop if possible

To register: Mobile 022 192 3202 land line 473 7344 or

email jean.mcelhaney@gmail.com

Acct: 02-0120-0130467-00 (name and date of workshop as ref)

If money is a barrier, please contact me to discuss options!

