

Deepening into Empathy

A 1 day workshop based on the principles of NVC
(Nonviolent Communication).



The Workshop

We are combining what we gained from the Robert Gonzales workshop in April with our Empathy practice work. The aim of this workshop is for everyone to practice deepening their empathy skills and learn how to support ourselves and those around us to reach deeper levels of connection. We all know "NVC Starts with Me," and when we deepen our own experience of life, we become more resourceful to support those around us. This will be an activity focused day with debriefs in between.

We will be covering:

- Dyads, Specific Empathy exercises, Beauty of the Needs work & combining these into a practice.

You will gain:

- An increased depth of connection with giving empathy. Deeper self connection. Understanding of Dyad practice. Connection to supportive community. Embodiment of the beauty of the needs.

This workshop is based on the work of Dr Marshall Rosenberg (founder of NVC)

Participants to have a minimum of Foundation Training.

When: 22nd September 2018

Where: 86a Avondale Road, Avondale, Auckland

Time: 9am to 5pm

Investment: \$115 per person. Limited to 8 people.

To Register: wayne@in2connect.co.nz or
0272379657

Payment: The Meditating Giraffe LTD.
02-0110-0058043-00 BNZ

Facilitated by Wayne Prince & Deb Hipperson.
www.meditatinggiraffe.co.nz

