

From Conflict to Contact

Workshop based on Nonviolent Communication (NVC)



Learn to express yourself openly and honestly, even in moments of conflict.

Enjoy having more conversations that lead to connection.

Explore communication that may change the way you talk to yourself and others in your daily life.

In this weekend introductory workshop we will focus on the skills and tools that enhance connection, using Nonviolent Communication (NVC).

WHEN:

**15-16 September
10:00-16:00**

WHERE:

**Vogelmorn Bowling Club
93 Mornington Road**

COST:

190-250 NZD

**To book contact Anna Banas: info@redefiningconflict.com or 021-08583114,
FB: From Conflict to Contact**



Anna Banas

Facilitating workshops and trainings for families, parents, couples and organisations. “I met NVC sometime after my first child was born in 2010 and was struck by the clarity that it brought to my muddled thoughts and experiences. I love NVC for the beauty and the challenges it provides me with, but more than anything for being able to use these skills to disentangle my thoughts and connect with myself and others.”