



Connecting with Words and Beyond

**Workshop based on
Nonviolent Communication (NVC) and mindfulness.**

**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) supported by mindfulness.**

WHEN:

**9-10 March
10:00-16:00**

WHERE:

**Picton
(TBA)**

COST:

Koha

To book contact Kim Pears: kim.pears3@gmail.com.

Facilitators: Anna Banaś (NVC) and Kim Pears (Mindfulness)