

"What would be possible if I loved myself?"



Join us for a 2-day Nonviolent Communication Workshop facilitated by Kathleen McDermott

— supported by Jean McElwain, Certified trainer in Australia —

It is time to step into a more authentic life! If so, this workshop is a place to get support and skills that will set your changed beliefs as well as your deeper understanding for what truly you love, because your awareness of what prevents you from being the compassionate in the next level. Remove blocks to self-love, connect to non-negotiable self-worth and celebrate your authenticity.

Attend this workshop and

- Discover the quality of self-love that can sustain you.
- Deepen your own personal healing and connection with your authentic voice.
- Find out what prevents you from being the strongest by not using self-compassion to the next level.
- Enhance your skills for honest expression of what is important to you.
- Enhance your ability to listen relationally. Openness that nurtures you, clear your energy.
- Increase your capacity to hear other's disappointment without losing your center, presence and clarity.

Does this sound easy to imagine? If so, then we invite you join us and discover the beauty behind the hard job as the partnership of authenticity and courage. You won't be alone.

Kathleen McDermott holds a passion for a peaceful, just and sustainable world. She is a Certified Trainer for the Center for Nonviolent Communication (CNVC) and offers communication and conflict resolution training internationally to organisations and individuals including business, schools, colleges, community groups, faith-based communities, hospitals, families, prison systems, and correctional and law enforcement agencies. She is one of 21 certified worldwide who supports CNVC trainer candidates through the certification process for CNVC.

visit her website: [strongofconnection.com](http://strongofconnection.com)



**Venue:** Riverside Community Centre

**Dates:** Saturday 23 February, 10am - 5pm & Sunday 24 February 11.30am - 5pm

**Cost:** Koko Koko and donations. Contact local CNVC facilitator, Irene Jager  
01 728 8000 • [irna@jager.co.nz](mailto:irna@jager.co.nz)