

# Building Bridges

# Through Dialogue



Workshop with CNVC certified trainers **Kathleen Macferran** and **Mary McKenzie**  
An opportunity to explore Nonviolent Communication as a tool for connection  
in difficult conversations.

**During this one day workshop we will:**

- Explore how conversations get stuck
- Cultivate skills and awareness that can bring flow to dialog
- Practice getting back to center when triggered
- Sticking with discussions when it is hard
- Building skills to engage with and transform conflict

## **WHEN:**

**Saturday, March 2nd**  
**10:00 – 16:00**

## **WHERE:**

**Herd St., Oriental Bay**  
**Wellington**

## **COST:**

**120 NZD**

To book contact local organizer, Anna Banas, on [info@redefiningconflict.com](mailto:info@redefiningconflict.com) or [02108583114](tel:02108583114)



**Kathleen Macferran**, as a CNVC Certified Trainer/Assessor and owner of Strength of Connection, supports others in living lives that matter. Community system building and conflict transformation are passions of hers. She offers Nonviolent Communication (NVC) training to schools, community groups, churches, hospitals, families, correctional officers and prison inmates. Kathleen supports the transformation of prisoners into peacemakers as a lead trainer for the Freedom Project. Kathleen is the author of and conductor for Giraffe Tales, a children's CD setting stories to music.



**Mary Mackenzie**, is the author of Peaceful Living: Daily Meditations for Living with Love, Healing and Compassion, co-founder of the NVC Academy, an online school for learning Nonviolent Communication; executive director of Peace Workshop, International, a non-profit organization dedicated to supporting practical methods for living nonviolently; and Certified Trainer of Nonviolent Communication through the Center for Nonviolent Communication and Mediator.