

Communicating Compassionately for Couples

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



The Workshop

Intimate relationships are often challenging. We can hold our values of honesty and caring and still end up in a barrage of words that lead to disconnection & pain. This workshop is designed for you and your partner to spend time with each other, receiving support to practice the skills of NVC that naturally opens your heart & leads to a fulfilling relationship.

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

- *Break patterns of blame, criticism & anger*
- *Make clear observations, connect & communicate your feelings & needs with your partner & hear theirs*
- *Give & receive empathy*
- *Make clear requests*
- *Support the growth of a loving & caring relationship*
- *Build a support network for your relationship*

When: Sunday 4 August 2019

Where: 64a Shetland Road, Glen Eden, Auckland

Time: 9am to 5pm both days

Investment: EB by 28 June : \$145 p/p (1 day). If attending both days - \$250 p/p. Full price: \$165 / \$295 p/p

To Register: deb@meditatinggiraffe.co.nz or 0273410000

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



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