



Life Within Death?

How can awareness of death enrich our lives?

You are warmly invited to join us in exploring what death means for our lives, through facilitated conversation, interactive exercises, and self-reflection.

12 - 13 Oct, 2019 Christchurch

19 - 20 Oct, 2019 Auckland

with Jean (Majida) McElhaney & Valerie Wycoff

Certified NVC Trainer & Candidate for CNVC Certification

It is our hope that you will leave with:

- *an expanded view of your beliefs about death and their impact*
- *a deeper appreciation for life and living*
- *an uplifted sense that you are not alone with your questions*

... more details on page 2

CHRISTCHURCH \$175 - \$250
including \$50 non-refundable deposit

Christchurch Registration Link:
<https://forms.gle/mtTnjMooD73rBBQu6>

Queries: Valerie 03 351 7432

AUCKLAND \$200 - \$280*
including \$50 non-refundable deposit

*reflects higher venue costs
Auckland Registration Link:
<https://forms.gle/NktsuHGhBeHs5ZPd7>

Queries: Jean 022 192 3202

Topics include:

- What are our core beliefs about death? How do they impact our lives and relationships?
- Could there be gifts in facing death, if we have the courage to accept them?
- What matters to us in connection to death? What feelings does it stir up?
- What important conversations do we want to have regarding our death or another's death? What skills might help me with this?
- What practices and principles, from Nonviolent Communication and more, can help me live with the inevitability of death? (eg cultivating gratitude, forgiveness, grief, singing, meditation)



Jean (Majida) McElhaney, counsellor and social worker, CNVC-certified Nonviolent Communication trainer and ordained interfaith minister is also a certified leader of Dances of Universal Peace, and she has recently attended Death Doula training. Jean values sharing from the heart in a way that integrates body, emotions, mind, and spirit. She is highly skilled in holding sacred, safe space for difficult conversations.

Valerie Wycoff is passionate about authentic conversations. She is a Self-Esteem Mentor in the More to Life Foundation and a candidate for CNVC certification as a Nonviolent Communication trainer. She also teaches movement (Feldenkrais Method) and singing, and for the last two years has been the Co-Director of Reflections Threshold Singers, whose mission is “kindness made audible” in song at the bedsides of people in the last stages of life.



We WELCOME EVERYONE who will die someday!

NOTE: The weekend is not meant specifically for people who are recently bereaved or facing a life-limiting illness, though we affirm the value of grief, and will make space for it during the weekend. We respect and welcome those with any or no religious/spiritual perspectives.

Request: to support us with planning the workshop we would greatly appreciate your commitment 3 weeks prior to the dates you attend.