

# NVC Extravaganza!!!

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



## The Workshop

A one day taster where people with no experience through to lots of experience, can come together and learn, grow, connect and deepen into the principles of Nonviolent Communication.

After expenses, all proceeds will go to Cystic Fibrosis NZ. All facilitators are gifting their time.

*We will be offering:*

\*NVC within a learning environment. \*NVC & parenting. \*NVC in a business environment. \*Practical empathy. \*Empathy shots plus more.

*You will receive:*

An experience of Empathy and connection, further understanding of the NVC model, ways to make challenging relationships more harmonious, how to stay resourceful in challenging situations, new friends, practical ways to use NVC in day to day situations, a deeper appreciation of self and those we care about.

**When:** Saturday 4th April 2020

**Where:** Awataha Marae - 58 Akoranga Drive, Northcote, Auckland.

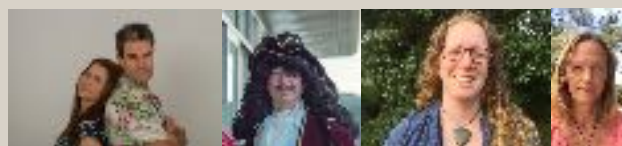
**Time:** 8:45 am (Powhiri) - 5:00 pm

**Investment:** \$60

**To Register:** wayne@in2connect.co.nz or 0272379657

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

**Facilitated by** Wayne Prince, Deb Hipperson, Claudia Gray, Nikky Tauranga & David White



[www.meditatinggiraffe.co.nz](http://www.meditatinggiraffe.co.nz)