

COMMUNICATING FROM YOUR HEART

A two-day wananga/workshop

Presenters: Alice Kleinsman and Duncan Hill



At the heart of Compassionate Communication is the belief that it is our essential human nature to enjoy giving and receiving from the heart.

Over the two days you will discover a way to:

- ♥ *Communicate compassionately with yourself and others*
- ♥ *Develop supportive relationships at home, work and in the community*
- ♥ *Break patterns of thinking that can lead to anger, depression and arguments*
- ♥ *Resolve conflicts peacefully*
- ♥ *Be present to your own feelings and needs*

Wananga/Workshop details

Dates: Saturday 13th May Saturday 20th May 2023. Single day option for Day One only

Time: 9am-5pm

Where: Foxton

Cost: From \$120 (single day). Discounts apply for earlybird (payment before 16th Feb) and multiple people attending.

For more information or to register go to: bewellnaturally.co.nz/events

Or contact Alice:

Email: alice@bewellnaturally.co.nz

Mobile: 0272623666

