

Language of the Heart

A Creative and Interactive Weekend Workshop in Nonviolent Communication (NVC)

We wholeheartedly invite you to attend this introduction to Nonviolent Communication. Over the two days you will learn how to observe non-judgementally what happens in and around you, how to listen and hear others needs, and reframe the way you use language to peacefully meet your needs and others. This unique model will transform the way you think about your relationships.

The NVC model incorporates four key principles: ✓We all have the same human needs. ✓There are enough resources to meet every human need. ✓Everything we do is an attempt to meet a need. ✓It is possible to be empathic and compassionate with anyone.

After the workshop you will be able to begin using NVC in your personal and professional relationships, creating more joy and harmony. To master this new language we encourage the formation of practice groups. NVC is also known as Compassionate Communication and a Language for Life.

“Judgements, criticism and violence are tragic expressions of unmet needs.”

Dr. Marshall B. Rosenberg (founder of NVC)

“I celebrate the fact that NVC is now part of my life. I’ve been on many workshops, but it wasn’t until I completed foundation training for NVC that I realised how important it was to truly understand feelings and needs in communicating with others from a heartfelt place. I’ve gained enormous benefit in learning the meaning of empathy and the subtle distinction in language that makes a difference in how I perceive the world and relate to others. I whole heartedly recommend NVC training to anyone seeking to improve their communication and relationship skills.”
Warren Yee. – Sales & Marketing Manager

“I have found Non Violent Communication to be the best workshop I have ever attended. It has opened up a deeper way of communicating both professionally and personally”. Steve Kurmann - Teacher.

Workshop

Date: **September 16-17 (Saturday& Sunday)**

Time: **9.30am – 4.30pm (morning/afternoon tea provided)**

Venue: **North Shore Psychotherapy Centre**

2a Seaview Ave. Northcote, Auckland ph. (09) 419 9791

(1 km up from Onewa Rd exit on Northern Motorway)

Investment: **\$230 (early bird \$200 before August 16)**

Contact: **Stephen May 021 297 0372 guhyasid@ihug.co.nz**

Facilitators: **Stephen May** (aka Guhyasiddhi) & **Anita Wacker** have trained intensively with Dr. Rosenberg and other certified CNVC trainers in the UK and NZ. Anita is a Psychotherapist, Art Therapist and Supervisor. Stephen is a Counsellor, Supervisor and Meditation teacher. Visit www.cnvc.org for more information about NVC locally and worldwide.



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Book your place now and send this completed registration form to:

‘Language of the Heart’, NSPC, 2a Seaview Ave. Northcote. 0627

Name.....Address.....

Email..... Contact Phone.....

Amount enclosed: Early bird \$ 200 Full payment \$ 230 (cheques payable to S. May)