

F R O M T H E H E A R T

SPEAK PEACE

COMMUNICATION SKILLS FOR TOUGH TIMES

Foundation Training

Friday/Saturday
20/21 August 2010

9.00am - 5.00pm
Baranduda Community Centre
ALBURY

\$295.00 - Early Bird \$245.00
by August 9th

"You and a friend" offer:

For each full registration you
may bring a friend at half price.

No one turned away through lack of
funds. Call Cherie to discuss.

Morn/afternoon tea provided
Bring lunch to share

TO REGISTER:
Bec (02)6045 8159 - 0438 416 445
becbh@dodo.com.au

Facilitator: Cherie Scott:
Compassionate Communication
Trainer/Coach and Celebrant
0412 619 984
celebratelife@optusnet.com.au
www.nvcaustralia.com

*From arguing to understanding...
From conflict to connection*

**Would you like to improve the quality of your relationships
and communicate more effectively?**

Nonviolent Communication is a simple yet powerful model
that gives you the skills to:*

- **Be** compassionate and empowered in situations of conflict
- **Connect** more with your own feelings and needs
- **Resolve** conflict within yourself and with others
- **Express** yourself honestly without blaming or criticizing
- **Get** what you want without using demands, guilt or shame
- **Hear** others feelings and needs without taking it personally
- **Listen** empathically without reacting or getting angry
- **Create** satisfying personal relationships
- **Communicate** more effectively at home, work, school

*"Nonviolent Communication is instrumental in creating an
extraordinary quality of life. This compassionate and inspiring
message cuts right to the heart of successful communication."*

Anthony Robbins, author:
Awaken the Giant Within and Unlimited Power

*The work of Marshall Rosenberg, PhD and
The Centre for Nonviolent Communication
www.cnvc.org



Cherie Scott

*Communication Trainer/Coach
and Spiritual Celebrant*

Cherie brings 24 years of personal and
spiritual growth, 10 years of facilitating
ceremonies and a depth of experience
gained through leadership advocacy and
successfully navigating ongoing health

challenges, marriage and parenting. She
has trained with numerous internationally
certified NVC trainers since 2003 and has
been offering training and coaching for
five years. Her passion is seeing people
using the skills they learn to create
connection, understanding and peace
through their communication.