

# Talk Matters \*please note new dates for July/August 2010

**Basics of the Nonviolent Communication\* model  
presented by Kate Raffin**

**This dynamic workshop** is for anyone who wants to learn more about speaking and listening openly, honestly and empathically.

**Learn** helpful, accessible and easy tools of Nonviolent Communication.  
**Practice** Nonviolent Communication in relaxed and spacious conditions.  
**Explore** real life situations with safety and revelation.

*Kate: "When we self-connect ..... whether it presents as pain or joy, we can hear the messages from our heart, connect to the values underneath and use them skillfully to enrich life - Ours and others  
This work is not about avoiding pain , it is about fully harvesting this pain to create more of the world we want to live in"*

*"Kate's style of teaching and her ability to listen and enquire often helped me to open my heart, to go deeper and to understand what's really bugging me.  
Our work helps me to find greater awareness and grounding in myself and relate better to others."  
Sandy - practice group participant - Sydney*

*"A great explanation of the principles of NVC. The course set a path for the journey of my soul, Thanks Kate"  
Chris - May 2010 workshop participant - Sydney*

**Offering a** Foundation Training in Sydney's Inner West : Erskinville

**5 x 3 hour sessions : 6 - 9pm**

5 x Monday evenings **July 19<sup>th</sup>, 26<sup>th</sup>**

**+ Aug 2<sup>nd</sup>, 9<sup>th</sup> +16<sup>th</sup> 2010**

**Course contribution: \$150 - 350**

Kate would like to make this training both accessible and sustainable.  
Please contribute at the top of your ability. (No one will be turned away due to lack of funds - please talk to kate about this).

**Please book early as places are limited.**

**Contact details: Kate (02) 9557 7986  
Email [kate@kateraffin.com](mailto:kate@kateraffin.com)**

\* Based on the work of Marshall B. Rosenberg, author of  
**Nonviolent Communication: a Language of Life** [www.cnvc.org](http://www.cnvc.org)