



SHIFTWORK + HEART TALK MATTERS
PRESENTS

CULTIVATING INNER FREEDOM

and the Power of CHOICE to lead the life we want
through the basics of
NONVIOLENT COMMUNICATION*

with **Kate Raffin**, certified trainer with the Centre of
Nonviolent Communication www.cnvc.org

Mumbulla School Library - Bega

Part 1 intro: Friday Sept 27th , 6 – 9pm

Part 2: Saturday Sept 28th, 1 - 6pm

Part 3: Sunday Sept 29th, 1 - 6pm

Each part is a pre-requisite for the next

Contribution: intro only \$50 , all 3 parts \$225

Resit (with Kate only) \$150

Book : <https://events.humanitix.com.au/nonviolent-communication-workshop>

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More info about Kate: www.hearttalkmatters.com

* Heart Talk Matters is based on the work of Marshall B. Rosenberg,
author of “Nonviolent Communication: a Language of Life”

www.cnvc.org

‘I think this content should be in everyone’s life curriculum’

- Frank Deveson, Canberra Nov, 2018

