



HEART TALK MATTERS PRESENTS

CULTIVATING INNER FREEDOM

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

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

PACHAMAMA HOUSE 21 Gordon Ave, Hamilton East NSW 2303

INTRODUCTION TO NVC

Part 1: intro: Friday July 12, 6 – 9pm

Part 2: Saturday July 13, 1 – 6pm

Part 3: Sunday July 14, 9am - 3pm

Each part is a pre-requisite for the next

PRACTICE DAY - pre-requisite of above or equivalent

Monday 15th July 9am - 3pm

Contribution: sliding scale – from \$180 to \$300 (intro only - \$50)

Practice Day \$80 - \$130

We would like to make this training both accessible and sustainable. Please contribute at the top of your ability

BOOK: <http://hearttalkmatters.com/newcastle-cultivating-inner-freedom-july-2019/>

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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'm taking away a whole new awareness of the dynamic I was
creating and the potential for a very new way of communicating
with everyone'*

Arzu, participant Pomona April 2019

*"If you want to learn a more peaceful way to be in the world, then
I highly recommend coming to a course with Kate. It is more than
communication. It is everything alive in us" - Nikki Brown -
participant Newcastle, Feb 2019*

