


LEARN COMPASSIONATE COMMUNICATION

MIND THE GAP

Based on principles of Nonviolent Communication (NVC) www.cnvc.org

- ✓ Private coaching
- ✓ Two-day workshops
- ✓ Monthly practice groups
- ✓ Intensive trainings

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- Discover simple tools to defuse conflict
 - Learn skills to enable more honesty and empathy
 - Transform habits of blame, anger and defensiveness
 - Experience more peace and connection in your relationships

Next 'Foundations' Workshop: Narara, Central Coast
Weekend 2nd & 3rd June 2018. 10am- 5pm
\$320 (& bring a friend for half price!)



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 MindthegapNVC