



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

Youth Coalition of ACT, 46 Clianthus st, O'Connor

Part 1 intro: Friday May 31, 6 – 9pm

Part 2: Saturday June 1, 12 – 5pm

Part 3: Sunday June 2, 9am - 3pm

Each part is a pre-requisite for the next

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

We would like to make this training both accessible and sustainable.

Please contribute at the top of your ability

Book : <http://hearttalkmatters.com/canberra-nvc-practice-days-may-june-2019/>

Contact: Amie Illfield 0403 938 666 amie.illfield@gmail.com

Kate Raffin – 0488 550 979 kate@kateraffin.com

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



HEART TALK MATTERS PRESENTS

CULTIVATING INNER FREEDOM

APPLYING OUR SKILLS TO ALL SITUATIONS
2 x One-off NVC PRACTICE DAYS
Sat 15+ Sun 16 June, 9 - 4pm

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

VENUE TBC

Sat June 15th, 9am - 4pm - Topics include working with Anger,
Guilt, Shame and Depression + Vision - a powerful calling

Sun June 16th 9am - 4pm - Topics include Preparation for
Authentic Dialogue + Finishing Business

Prerequisite - having completed a 12 hour foundation course in NVC or equivalent.

Contribution: sliding scale – from \$110 to \$180/day

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*"I used to think this was too 'fluffy' for my work, however,
this is a much better way of reducing conflict – and will be very useful,
not only in my work, but in relationships."*

*"Wonderful and Effective - woman if great integrity" "This is powerful work"
- Practice Day participants Newcastle, Feb 2019*

