



## CULTIVATING INNER FREEDOM

DISCOVERING THE POWER OF CHOICE WE HAVE  
TO LEAD THE LIFE WE WANT

with Kate Raffin - certified Nonviolent Communication Trainer.

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

**Sunshine Coast, Qld**

**Nambour Community Centre,  
2 Shearer Street Nambour**

Part 1 intro: Friday 28<sup>th</sup> April 6 - 9pm

Part 2: Saturday 29<sup>th</sup> April 1- 6pm

Part 3: Sunday 30<sup>th</sup> April 1- 6pm

This course is offered in 3 sessions to support integration.  
Each part is a pre-requisite for the next

In this dynamic workshop, we will use real life examples to explore how we can powerfully respond to the immense challenges we face by asking how we can:

- **Explore** real life situations with **safety and revelation**
- **Attend** to what **really matters** and **cut the exhausting guess work**
- **Remain open and curious** - the safest place to be
- **Learn helpful, accessible and easy** tools of **Nonviolent Communication**
- **Sustain** ourselves when **tension arises** - anywhere

*Kate: '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'*

**Course contribution: \$160 to \$300** (intro + part 2 + 3), **\$40** intro only

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

Special price for people who have registered & paid to do the 'NVC - Moving with Life' retreat \$100.

**Please book early as places are limited - BOOK HERE**

**Contact details:** Tracy Adams 0405 179 488 email - [wildweaver@ozemail.com.au](mailto:wildweaver@ozemail.com.au)

*"Kate has created a safe place for growth and vulnerability. She brings an air of magic with her that everyone gets to share. I have endless gratitude". workshop participant*

*"I feel so empowered. I feel good about who I am because I am now speaking from the TRUTH of who I am. I don't have to cover-up, blame, make wrong or practice other unhealthy ways of communicating and behaviours which I used in the past. Thank you for sharing the gift of NVC with me and being in my life " - Maria M Sydney*

Kate is a nationally accredited mediator, skilled facilitator and certified trainer with the centre for Nonviolent Communication. For more info on Kate see - <http://www.nvcaustralia.com/?action=trainer&id=40>

Heart Talk Matters is based on the work of Marshall B. Rosenberg, author of "Nonviolent Communication: a Language of Life" [www.cnvc.org](http://www.cnvc.org)