

COURAGEOUS CONVERSATIONS

FAMILIES RELATIONSHIPS WORKPLACES

*Before you say something you might regret,
consider joining us in this weekend workshop*

Nonviolent Communication is a process which fosters cooperation and trust. Four simple steps help us move beyond criticism, coercion and power struggles to mutual understanding and care. Whether your conversation is with a toddler, partner, colleague or customer, this approach will help both of you stay grounded and respectful.



Facilitated by Chris Gillett

Chris has been teaching NVC in Australia and overseas since 2005. She draws on her rich experiences as a partner, mother of four, occupational therapist, and Local Area Co-ordinator in disability services. Chris is one of ten trainers in Australia certified with The Center for Nonviolent Communication.

**16th & 17th September 2017
9.30-3.00**

**Otley Family & Neighbourhood Centre
2A South Lake Drive, South Lake (Perth)**

Cost: \$195 (Contact Chris if cost is a barrier).

**Bookings: <https://www.trybooking.com/296058>
by 2nd September 2017**

**Inquiries: christinegillett@gmail.com,
mobile 0428758544**

**Morning tea provided.
Please bring your own lunch.**



For more information : www.nvcaustralia.com www.cnvc.org