



## 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

Lorinna, Tasmania 2018

Venue: Lorinna Community Hall

Part 1 intro: Friday 2<sup>nd</sup> February 6 - 9pm

Part 2: Saturday 3<sup>rd</sup> February 1 - 6pm

Part 3: Sunday 4<sup>th</sup> February 8am - 1pm

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

We will use real life examples to explore and reveal how we can powerfully respond to some of the immense challenges we face.

Skills that will support us to:

- **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 in our lives.

*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: \$180 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.

**Contact details: Susan Wills** [email - susanwills62@gmail.com](mailto:susanwills62@gmail.com) or [kate@kateraffin.com](mailto:kate@kateraffin.com)

*"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, I have been drinking in every moment with you. I find such ease in learning from your use of words, metaphor, illustration + humour and your fluency with the heart of this. Compassionate, empathic listening for teaching' If you do this workshop, you will gain more than I hope to describe. Trust this will enrich your life.'*  
- Chrissy Robb, 2017

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) - <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)