



## CULTIVATING INNER FREEDOM

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

with **Kate Raffin\*** + **Sarah McCure**

\* Certified Trainer with the Centre for Nonviolent Communication

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.

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**Bookings essential:** [susanwills62@gmail.com](mailto:susanwills62@gmail.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>

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)