



Become skilled in listening well and speaking your truth.

Transform emotional triggers and conflict.

Interactive 2 day workshop with Jana Krins in

‘COMPASSIONATE COMMUNICATION’

**Saturday 15th and Sunday 16th February 2025
at Mt Martha House Cottage, Melbourne.**

The use of ‘Compassionate Communication’ (also called Nonviolent Communication NVC) can radically improve all our relationships. This liberating process provides ways to resolve partner problems, family and parenting challenges, workplace difficulties, and friendship issues. It also empowers us to understand and practice compassion within ourselves.

‘Jana’s skill in holding space for me with utmost empathy was like being thrown a machete and enabling me to hack my way through the jungle and begin to see the clear blue sky. She expressed her needs and wants overtly and identified my needs that weren’t getting met.’ Ken Bright.

Cost \$275 for the 2-day workshop.

**Contact Jana Krins
jana.krins@gmail.com**

Jana is an experienced teacher and NVC trainer with 15 years of intensive work in CC, including Foundation Trainings, group facilitations and mediation. She has worked with couples, families, educational, business and community groups. More info in www.nvcaustralia
Dr.Rosenberg’s book, ‘NVC: A Language for Life’ freely accessed on line.