

# CULTIVATING INNER FREEDOM

& the power to create the life we long for

an intro to the learnable skills of Nonviolent Communication\* with

**KATE RAFFIN** [www.hearttalkmatters.com](http://www.hearttalkmatters.com)

CERTIFIED TRAINER WITH THE CENTRE FOR NONVIOLENT COMMUNICATION

\*BASED OF THE WORK OF MARSHALL ROSENBERG

**VENUE VALDORA HALL, SUNNY COAST, QLD**

**PART 1 FRI 15TH OCT, 5:30 TO 8:30 PM ( INTRO )**

**PART 2 SAT 16TH OCT, 1 PM TO 6 PM**

**PART 3 SUN 17TH OCT, 9 AM TO 3 PM**

Each part is a pre-requisite for the next

In this dynamic training, we will use real life examples to explore how we can:

- Cut the exhausting guesswork by attending to what will really make a difference
- Stay open, curious and safe when tension arises
- Create the support we need to sustain ourselves while attending to what truly matters
- Contribute to others well-being while simultaneously attending to ours
- Become a valuable resource for our important relationships by choice

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## Contribution

\$180-\$300 sliding scale

\$50 - Part 1 (intro only)

\$140 - resit with Kate

(Places limited)

We want to make this training as sustainable and accessible as possible. Please contribute at the top of your ability

It's a life changer, totally worth it. It's proper work done on the basics of human connection.

Do it! - You walk away enriched and up skill in something of the everyday life - Giacomo, Valdora May 2021

**BOOK-: [WWW.EVERYDAYEMPOWERED.COM.AU](http://WWW.EVERYDAYEMPOWERED.COM.AU)**



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HOLISTIC WISDOM - EVERYDAY ACTION