

Cultivating Inner Freedom

Through the Power of Truth + Choice

Using the Tools of Nonviolent Communication (NVC)*

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

- Be in the world with nothing to hide
- Cut the exhausting guesswork by revealing what really makes a difference
- Transcend ideas of scarcity, separation + powerlessness
- Increase your capacity to engage effectively with others around a shared purpose
- Stay open, curious and safe when tension arises
- Create the support we need to sustain ourselves
- Contribute to others well-being while simultaneously attending to our own
- Maximise readiness to respond to ALL of life - no matter how it shows up
- Become a valuable resource for our important relationships - by choice

with Certified NVC trainer

Kate Raffin

9-4pm Sat 25th +
Sun 26th May 2024
Yandina, SE Qld

BOOKINGS

<https://everydayempowered.com.au/event/nonviolent-communication-nvc-foundation-course/>

Contribution

**\$180 - \$380 sliding scale,
\$140 - resit with Kate**

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

'I can not rate this training highly enough ... I will use this in all elements of my life: parenting, relationships, community, work'. - Charlotte McCabe, Newcastle

"Thank you - my learning brought about a resolution to a 8 month old family impasse last week!" - participant, Pomona



Everyday Empowered
HOLISTIC WISDOM - EVERYDAY ACTION

* NVC is based on the work on Marshall Rosenberg Phd www.cnvc.org