

GROUNDED 2 - IN OURSELVES + LIFE

A WEEKEND OF PRACTICE TOGETHER
BRINGING MAXIMUM TRUTH WITH MAXIMUM CARE
AS A GIFT TO ALL OUR RELATING

through PRACTICING the skills of Nonviolent Communication *

with certified trainer Kate Raffin

SAT 22ND + SUN 23RD AUG 2026 9.30-4pm

MALENY YOGA SHED - 931 Maleny-Montville rd, Maleny

PRE-REQUISITE : A WEEKEND FOUNDATION TRAINING

eg GROUNDED 1 or equivalent

Topics may include, but not be limited to:

- Anger, Guilt, Shame + Depression - working WITH these
- Embracing life as it is - making the most of every important relationship
- Cultivating strength through vulnerability
- Naturally revealing more choice in responding
- Finding even more truth about it all
- Self responsibility - playing our part in creating what will work
- Understanding the power of vision in our day to day lives
- Empathy on the run - working with what is happening without giving up
- Exploring the role creative expression can have as a revealing + sustaining practice
- Cutting the exhausting guess work by knowing where to turn when we both want to offer + receive support

Do it! I don't know anyone who wouldn't benefit from this training.

- Dr Jess Hopf, Natimuk

'I came to this workshop thinking I would only be up-skilling for my work, but I have discovered so much valuable information about myself' - anon.

Bookings : \$180 - \$380

We want to keep this work both sustainable and accessible.

Please contribute at the top of your ability.



"However impressed we may be with NVC concepts, it is only through practice and application that our lives are transformed."

Marshall Rosenberg, founder of NVC

* NVC developed by Dr. Marshall Rosenberg PhD.