

GROUNDING IN OURSELVES + LIFE

BRINGING MAXIMUM TRUTH WITH MAXIMUM CARE
AS A GIFT TO ALL OUR RELATING

through the learnable skills of Nonviolent Communication *
with certified trainer Kate Raffin

OFFERED IN 3 PARTS :

1. FRI 17TH JULY 5.30 -8.30PM (INTRO)
2. SAT 18TH JULY 1.30 -6PM
3. SUN 19TH JULY 9 -5PM 2026

each part is a pre-requisite for the next

CAIRNS SPIRITUAL CENTRE

177 Martyn st, Manunda

In this dynamic training, we will explore ways to:

- Increase our capacity to engage effectively with others even in challenging situations + long-term dynamics
- Cut the exhausting guesswork by attending to what will really make a difference
- Transform patterns of separation, scarcity and powerlessness into TOGETHERNESS, CHOICE + FLOW
- Be in the world with nothing to hide
- Dare to dream and be VISION driven - the most powerful quality of all nonviolent people-led living and change
- Co-create practices that support us to learn from everything that happens as a way to maintain healthy digestion of life
- Contribute to others well-being while simultaneously attending to ours
- Become a valuable resource for our important relationships - by choice

'This workshop has left a deep impression on me and has inspired a lot of change in my communication'
- Caitlin Wood

'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, 2025



Bookings: \$180 - \$380
(Friday intro eve \$40)

We want to keep this training both sustainable and accessible.

Please contribute at the top of your ability.

'Get very clear about the kind of world we would like and then start living that way' -
Marshall Rosenberg, founder of NVC

* NVC developed by Dr. Marshall Rosenberg Phd.