



MINDFUL COMMUNICATION



Presents



Nonviolent Communication Foundation Training with Carolyn Davies

Nonviolent Communication, fosters empathy and understanding in our interactions with family, friends and workmates. This approach provides a subtle yet powerful framework to get to the essence of any issue and support effective communication.

This course will support you to:

- hone your empathy skills with family, friends & workmates
- identify your values/the things that really matter to you
- ask for the things without upsetting others
- develop your skill and ability as an effective communicator.

This is a weekly online course via Zoom
Mondays: Nov 7, 14, 21, 28 - 6pm-9pm AEST
+ a final small group session in week 5
The course fee is based on annual income:
\$380 if you earn above \$50,000 after tax
\$280 if you earn below \$50,000 after tax
\$180 if you are on benefits
If cost is a barrier please get in touch

*Always listen to what people need rather than what they think of you.
You will live longer. Dr Marshall Rosenberg*

To book, please email: carolyn@mindfulcommunication.co.uk



www.mindfulcommunication.co.uk



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A bit more about Carolyn...



I grew up near Brisbane and began a career in television in the mid 90's producing and directing the ABC's Australian Story.

In my work, I had so many different relationships to handle; people with different needs and expectations, and despite my best intentions, it was pretty tough, to manage the stress, keep things balanced and moving forward.

In 2004 I discovered Nonviolent Communication and was blown away! I took it into my next TV job and saw it make a huge difference to the way I approached people and the demands I faced. I have been a passionate NVC practitioner ever since.

I moved to London in 2005 and continued to Produce and Direct TV programmes for the BBC and ITV, nurturing my NVC skills on the side and in 2014 I became a Certified Trainer with the Center for Nonviolent Communication.

These days I teach NVC full time. My training style is fun, and participatory with an emphasis on practice.

I am planning to spend more time in OZ, so that I can hang out with my Mum who lives near Brisbane. While I am here I'd hope to encourage others to take up NVC. I am passionate about the potential it has to transform our relationships with ourselves and one another.



For a bit of NVC + humour
check out my new
YouTube channel - 80% NVC



Carolyn Davies is a Certified Trainer with the Centre for Nonviolent Communication. Following a career in TV, Carolyn teaches NVC full time and is passionate about its potential to support, home life, workplaces and organisations.

