



Words that work for talk that matters

NVC Basics



Marg (right) and Rachel Pontin Mother and daughter team Marg and Rachel have been living and learning NVC for over 20 years. Marg is a CNVC Trainer and Rachel is training to become a Certified Trainer. Between them they have worked with schools, organisations and community groups to share empathy, conflict resolution, relationship and communication skills.



Join us for a standalone session that covers the basics of Nonviolent Communication for a refresher, introduction or to prepare for the Shaking Up Shame workshop on Sunday the day after.

NVC is a powerful framework, a philosophy and a set of practical tools for aligning our behaviour and communication with our core values. How do we stay true to what's important to us? It gives us words and strategies for having the conversations that matter the most.

We will share the core concepts of NVC, the language and how it all fits together.

This workshop is suitable for complete beginners. Those with some NVC experience will also benefit as you can't step in the same river twice – we are always learning and growing.

Ticket discount to attend both days; Saturday afternoon and the day workshop Shaking Up Shame 10-3 on Sunday. Early bird pricing ends midnight Sat 10th October. Payment plans and concession prices available.

WHERE: Kerry Street Community School Hall
20 Forrest Road, Hamilton Hill 6163

WHEN: 1:30-3:30pm Saturday 31st October 2026

EARLY BIRD PRICES

Concession: \$35

Standard: \$55

FROM OCT 11th PRICES

Concession: \$40

Standard: \$65

BOOK: [https://events.humanitix.com/nvc-basics-talk-your-](https://events.humanitix.com/nvc-basics-talk-your-peace)

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INFO:**

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