

COMPASSIONATE COMMUNICATION

2 DAY FOUNDATION TRAINING WORKSHOP IN SEPTEMBER
THE RELAXATION CENTRE, ALDERLEY 14 & 15 OCTOBER 2023



Facilitator:
Cate Crombie

(B. Adult Voc. Ed.)

**Certified International
NVC Trainer &
Assessor with the
Centre for Nonviolent
Communication**

Cate has been a facilitator of Interpersonal Communication courses for over 30 years.

Since 2001 she has been teaching NVC and applying these skills in both her personal and professional life.

She has trained with Dr Marshall Rosenberg in Australia, Argentina and the United States of America.

Cate is well known to audiences in business, the social services sector, schools, government, education, and community organisations.

Her work as a facilitator began with Parent Education, then Adult Education in the community and leading to teaching in vocational tertiary settings and also university.

www.metacommunicate.com

Please join us for this life transforming workshop.

Compassionate Communication

or **Nonviolent Communication** SM (NVC)

is a practical and easily learned process for communicating with empathy, honesty, power, integrity and compassion.

“What I want in my life is compassion - a flow between myself and others based on a mutual giving from the heart.”

Dr Marshall Rosenberg - Creator of NonViolent Communication

Learn skills that will empower you to:

- Transform difficult relationships
- Connect more deeply and enhance all relationships
- Listen and Speak in a way that vastly increases the likelihood of getting your needs met and your higher dreams realised
- Learn the specific concepts and tools used in Compassionate Communication (NVC)
- Gain sufficient information and start to practice using these skills in your daily life in relationships, at work, and with family and friends
- Learn how to more fully express gratitude and appreciation
- Enjoy an experiential workshop using real life examples that you can easily relate to

WORKSHOP DETAILS

Dates: Sat 14 & Sun 15 Oct 2023

Times: 9.15am for 9.30am - 5.00pm Sat & 8.45am for 9.00 - 4.30pm Sun.
Each day 45 mins for lunch

Location: The Relaxation Centre
15 South Pine Road, Alderley 4051

Cost: \$195.00 includes workbook & comprehensive handouts. BYO morning and arvo tea snacks and water container. Cups of coffee/Tea and water refilling is available.

This workshop will have up to 15 participants and we will observe physical distancing, as best we can.

Catering: BYO lunch refrigeration available /cafes nearby.

***Register 07 3856 3733 or email:**
admin@relaxationcentreqld.org

***The days prior you will be sent additional information about the workshop to your email address.**

NB Aircon is chilly: For comfort you may like to bring a light wrap or jacket

Workshop details: Cate 0408 456 625

Pre-Workshop Preparation: Read Chapter 1 of Marshall Rosenberg's:
“Nonviolent Communication” <https://www.cnvc.org/training/resource/book-chapter-1>

Marshall Rosenberg: www.youtube.com/watch?v=M-129.JLTjkQ