

The NVC logo is written in a white, cursive font in the top left corner of the header image.The background of the header is a photograph of a sunset over the ocean. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. Several birds are seen flying in the sky.

Beyond Conflict to Connection

Conflict and reactivity (mine and other's) can happen out of nowhere, and it's often hard to understand. Seemingly harmless words escalate and can result in such enormous tension.

So how do we have the understanding and courage to navigate these moments and create the powerful connections we yearn for... even when conflict *does* arise?

Our words, and how we hear others (and ourself!), affects the level of trust and connection we experience in each of our relationships. By learning NVC we bring power, compassion, love and awareness to **every** interaction, at work and home.

Dr Marshall Rosenberg's time proven process of Nonviolent Communication, (named from alignment with Gandhi and Martin Luther King) is a world-famous methodology to:

- **Create exceptional family and professional relationships**
- **Bring awareness to what is *really going on*, beyond the "words"**
- **Prevent & resolve misunderstandings & conflict**
- **Speak authentically, in a way that leads to connection**
- **Create willingness without coercion... and more.**

These 4 simple steps help you let go of habits of judgment, reaction, criticism, submission, aggression & "fixed thinking" that make it difficult to connect with ourself & those we care for.

You really **can** create empowered, nourishing relationships!

NVC Foundation Training Gold Coast

Sat 05 & Sun 06 November 2022
9.00 am - 5pm

Amount: \$400* pp, \$385 early bird
(closes 3 weeks prior)

Friend Offer:

Bring a friend for ½ price.

*Please contact if this is prohibitive

For bookings and information

www.communicationgroup.com.au

shari@communicationgroup.com.au

Phone: Shari on 0412233955

"Dr. Rosenberg has brought the simplicity of successful communication into the foreground. Not matter what issue you're facing, his strategies for communicating with other will set you up to win every time."

~TONY ROBBINS

author, *Awaken the Giant*

"Shari, I have really enjoyed working with you. I've been reflecting on times I have done things without joy in my heart, used praise to gain repeat behaviour and not being honest or clean in my communication. Thank you for your heartfelt, competent and experienced support. ~ Participant



About Shari Elle:

Shari is a co-founder of NVC in Australia and has offered NVC trainings since 2001. She has worked extensively with Dr Marshall Rosenberg and is Certified as an International NVC Trainer with CNVC.

Shari works with Leaders to bring awareness and authenticity to every interaction. She cares about creating Authentic Powerful Leaders who bring clarity of purpose, honesty and deep empathy to each interaction. This is the power needed to create the world we want to live in. She mentors future NVC trainers, works in organisations, runs a 6-month Peer Leadership Program, advanced trainings & coaches one on one.