

FOUNDATION TRAINING

Nonviolent communication 2-day training

**Learn skills to ease communication
during the festive season!!
with**

Chris Gillett and Tanya Babaeff

Saturday 3 and Sunday 4 December 2022
9.35am (for 9.45 start) - 4.45pm

Pay by 18 Nov - \$315 individual, \$580 bring a friend
Pay after 18 Nov - \$360 individual, \$670 bring a friend

Venue: 63 McKimmie Rd, Palmyra (Palmyra Yoga Shala)

To register - Go to <https://www.trybooking.com/CDXKF>
Queries - christinegillett@gmail.com



What will I learn?

- to bring ease into communication with diverse people at home, work, clubs, parties
- to be easily heard and understood
- to transform blame and criticism
- to practise new ways of listening
- to be conscious and present when speaking
- to apply this in your everyday life!

Chris Gillett (Certified NVC Trainer)
Chris is one of two trainers in WA certified with the international Center for Nonviolent Communication (CNVC). See www.cnvc.org

Chris has been using and teaching communication skills in her family, workplace and community since 2005. She has trained diverse groups including in the contexts of schools/education, mental health, tertiary settings and general community members.

She has also trained people in Sri Lanka and Indonesia; and has founded the NVC WA Champions Group.

Tanya Babaeff
Tanya founded and facilitates two NVC Practice Groups in Perth. She has professional backgrounds in negotiation, industrial agreement making, conflict and grievance resolution, collaboration practices, sustainability, placemaking, and community participation.

Tanya was introduced to NVC through her Masters degree studies in 2012. Since then she has completed two NVC International Intensive Training (IIT) courses, in USA and Indonesia, through the Center for Nonviolent Communication. She has also participated in an Intergenerational NVC Family Camp in Washington, USA.

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