

CULTIVATING INNER FREEDOM

Understanding truth to be the safest and most powerful place to live from

NONVIOLENT COMMUNICATION WORKSHOP

Kate Raffin

Certified Trainer with the Centre for Nonviolent Communication

*Based on the work of Marshall Rosenberg

CAIRNS FNQ

SAT 13TH + SUN 14TH APRIL 2024. 9.30 - 4.30PM

(2-DAY TRAINING)

Bookings are essential. Book your ticket here:

<https://events.humanitix.com/cultivating-inner-freedom>

Or contact Twiggy with any questions: info@theeldertree.org

Contribution

\$180-\$380 sliding scale,

\$140 - resit with Kate

We want to make this training as sustainable and accessible as possible, Please contribute at the top of your ability



THE ELDER TREE

In this dynamic training, we will use real life examples to explore how we can:

- Be in the world with nothing to hide
- Cut the exhausting guesswork by attending to what will really make a difference
- Transform the legacy of separation, scarcity and powerlessness into a liveable future
- Increase your capacity to engage effectively with others around a shared purpose
- Stay open, curious and safe when tension arises
- Create the support we need to sustain ourselves while attending to what truly matters
- Contribute to others well-being while simultaneously attending to ours
- Maximise readiness to respond to all of life - no matter how it shows up
- Become a valuable resource for our important relationships - by choice

"You will improve your communication skills x 10 ... This course will give you the confidence to adult up, be mature and have those difficult conversations (with ease) that sometimes we need to have without just going into our cave and avoiding them" - participant - Scott

www.hearttalkmatters.com