



Words that work for talk that matters

Shaking Up Shame



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.



Shame holds gifts for us. The gift of integrity. The gift of vulnerability. The gift of real connection. We can see shame as valuable rather than life-destroying or cringe and let it move us towards life.

The truth is we are all flawed. And we can learn to be kinder to ourselves and others. We don't have to cut off parts ourselves to fit in.

In this day workshop, we're going to use the frameworks of Nonviolent Communication and the shame compass to explore:

- * the difference between shame, humiliation, embarrassment and guilt
- * how to recognise shame
- * how to interrupt a shame spiral
- * what helps us move through shame faster
- * how shame can be useful

We meet in Hamilton Hill, Sunday 1st November 2026. Early bird prices end Sat 10th Oct at midnight. Payment plans and concession prices are available. Please attend the NVC Basics session on Saturday 31st Oct if you're new to NVC. Bundle discount for both days.

Let's shake up shame, like a snow globe, and let it settle into a new peace. Let's see what we can uncover together.

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

WHEN: 10-3pm Sunday 1st November 2026

EARLY BIRD PRICES

Conc/Std: \$100/200

Bundle: \$120/220

Concession/Standard

FROM OCT 11TH PRICES

Conc/Std: \$120/230

Bundle: \$140/250

Bundle includes Sat & Sun workshops

BOOK: <https://events.humanitix.com/shaking-up-shame>

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INFO: www.talkyourpeace.com.au