



Communication That Works

Wadandi/Margaret River Deep NVC Workshop



*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. Marg and Rachel will join Lauren, Kristy and Bronte to deliver this event with an abundance of support and skills.*



Deepen your understanding of Nonviolent Communication with this expansive, gentle and powerful immersive three day workshop with mother-daughter team from Talk Your Peace and colleagues from Wadandi/Margaret River and Narrm/Melbourne who will bring together a rich diversity of NVC skills and practices. Join us for retreat, nourishment and deep learning together.

Using the four language tools of Marshall Rosenberg's Nonviolent Communication we will:

- Explore what it is we long for as humans
- Role play how NVC tools can be applied to our daily lives
- Learn new tools for self regulation
- Drop into empathy without losing ourselves
- Gain a new understanding of how shame drives violent behaviour
- Experience compassion for ourselves

This training is designed for those who have previously attended NVC courses who want to deepen their skills. Please contact us if you're haven't done any training before but are interested in attending.

**TIME AND DATE: 9-3pm Fri 21st, Sat 22nd
& Sun 23rd Feb 2025**

WHERE: Wadandi Boodja/Margaret River WA, address TBC

COST: \$560 per person

\$495 each for couples

Payment plans available online

Course notes, tea, coffee and snacks provided

Bring your own lunch

BOOK: <https://events.humanitix.com/margaret-river-deep-nvc-workshop-v644qadl>

MORE DETAILS: margpontin@gmail.com

www.talkyourpeace.com.au