

“Be the change you want to see in the world.”

—GANDHI

# Foundation Course in Compassionate Communication

by coaching2clarity.com

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## DISCOVER HOW TO

- Empower your voice within
- Find your happiness
- Improve connections with others
- Succeed at work and in life

Our Foundation Course will help you to connect with yourself and with those that you care about and love. It introduces you to a consciousness and toolkit for communication from the heart, rather than from the head. It will bring honesty and understanding to your relationships at home and at work.

The course introduces you to the principles of non-violent communication as espoused by Dr. Marshall Rosenberg from The Centre of Non-violent Communication.

## FOR MORE INFO & BOOKINGS

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Phone +61 413 324 325

Email [info@coaching2clarity.com](mailto:info@coaching2clarity.com)



COACHING  
TO CLARITY

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## WHEN

A 12 hour course run over 3 days:

- Thursday 22 October, 7pm–9pm
- Saturday 24 October, 9am–4pm
- Saturday 31 October, 9am–4pm

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## WHERE

Online via Zoom, using interactive role play activities in pairs, groups and as a learning community.

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## COST

AU\$300 per person

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## FACILITATORS

Alexandra Norman & Elizabeth Thomson

"I have learnt so much from working with Alex; about myself, the language we use, and the ability to have more empathy for others. Alex shares, lives and breaths this work and is also a barrel of laughs and lots of fun! I would highly recommend her to anyone interested in personal development or learning the language of NVC."