

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

—GANDHI

WEEKNIGHT Foundation Course in Compassionate Communication

by coaching2clarity.com

DISCOVER HOW TO

- Empower your voice within
- Find your happiness
- Improve connections with others
- Be your authentic self 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 Nonviolent Communication as espoused by Dr. Marshall Rosenberg from The Centre of Nonviolent Communication.

FOR MORE INFO & BOOKINGS

Phone 0413 324 325

Email info@coaching2clarity.com



COACHING
TO CLARITY

WHEN

A 10 hour course run over 5 Wednesday nights from 7.00-9.00 pm: Mar 19, 26, Apr 9, 16 & 23

WHERE

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

COST

We have a tiered payment approach to fees. Depending on your financial circumstances, you will pay between \$35 and \$300 per person. Visit the course webpage for further details. <https://www.coaching2clarity.com/weeknight-online-foundation-course>

FACILITATOR

Dr. Elizabeth Thomson, linguist

“My takeaways from the Foundation Course were: learning how to communicate from a heart-centred space to encourage understanding and connection firstly with ourselves, and with others; how to observe situations as opposed to evaluating and judging them which relies on our perceptions; and how to listen out for others’ feelings and needs in conversations, while also listening out and identifying our own”

Naturopath in Melbourne