

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

—GANDHI

# WEEKNIGHT Foundation Course in Compassionate Communication

by coaching2clarity.com

## DISCOVER HOW TO

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- 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

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Phone 0413 324 325

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



COACHING  
TO CLARITY

## WHEN

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A 10 hour course run over 5 Wednesday nights from 7.00-9.00 pm:

## WHERE

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

## COST

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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

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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