

Communicate with Compassion *

26 & 27 May 2018

9.45 to 5 Saturday

1 to 5 Sunday

your teachers

Jim Lovell-Smith and Valerie Wycoff



@ Quaker Centre, 217 Ferry Rd, Waltham, Christchurch 8011

Because we care about creating respectful and loving relationships, and fostering care and justice in the world, and because we believe in life-long learning, we invite you to this weekend workshop.

Most of us have been educated to think and communicate in terms of what is 'right' and 'wrong' with others. Even with the best intentions, we can generate needless conflict and misunderstanding.

In this workshop, you will learn and practice tools that can improve your relationship with yourself, your co-workers, and your friends and family.

- Identify common ways of speaking that disconnect
- Learn steps to express honestly so that others can hear
- Learn to listen with empathy
- Move from blame and judgment to connection
- Make clear actionable requests

We (Valerie and Jim) have been studying and practicing NVC for 10 years, and credit it with enhancing our relationship and sense of aliveness. Both of us have participated in International Intensive Trainings, and have participated in 5 retreats with certified trainer, Robert Gonzales. Jim also attended a training with Marshall Rosenberg. To learn more about us and about NVC visit www.nvc.org.nz

Please bring food to share for lunch on Saturday. Morning and afternoon teas are provided.

Registrations are requested by 11 May.

Koha/Donation requested
\$150 to \$250 (more details page 2)

For any questions – we're happy to talk with you. Please phone us:
Jim or Valerie on 351 7432 or Jim on 021 135 2130

* based on Marshall Rosenberg's Non-violent Communication cont'd on page 2

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Registration by Koha/Donation (requested \$150 to \$250)

Early registration (over a week before the course) is reassuring to us and helps us relax into our preparation for teaching.

Would you be willing to send \$50 or more to hold your place as registration? ***Places are limited.***
Balance of Koha/Donation requested by May 24.

If your employer is paying and you would like an invoice, please let us know.

Our request is that you direct credit funds to the account below or post cheques along with your registration details to 23 Joyce Crescent, CHCH 8041

Direct Credit To: VM Wycoff and JER Lovell-Smith
38 9005 0258976 12

Particulars - your Name(s)

Code - your phone number

Then send us an email with your names, address, phone, and let us know the amount you paid, whether a registration, part payment, or koha/donation paid in full.

We thank you in advance for your commitment to your learning, and putting time aside to create a better world for us all to live in.

Why do we request a Koha/Donation?

To meet needs for Support/Choice/Appreciation/Acknowledgement

Why do we suggest a range of \$150 to \$250

We would like our course to be affordable to a broad range of motivated students. Your gifts will help us to further this work, and to sustain our ongoing investment in our own training and development as teachers of NVC.

\$50 of the fee covers printing, venue and morning and afternoon teas.

Foundation NVC courses in NZ are often priced at \$250, and we encourage you to give as much as you joyfully and comfortably can. If you'd love to learn NVC and our requested \$150 minimum Koha would cause you hardship – we are open to discussion with you.