



What could you say
that would *really*
make a difference?

Living Peace

WORKSHOP

The way we listen and speak *is* powerful. It can either foster care, trust and willingness; or power struggles, helplessness and rebellion. By learning how to speak authentically and listen deeply, we bring strength, compassion and love to *every* interaction.

Most of us have more old habits of blame, criticism, submission, aggression and “fixed thinking” than we’d like to admit. These are the habits we have inherited and they make it difficult to build empowered relationships.

By using founding principles and learning 4 simple steps you can let go of these habits and be more open and confident in relating. You can:

- Listen with deep respect even during conflict.
- Speak honestly *and* compassionately.
- Say and hear ‘no’ without upset.
- Resolve conflict in yourself and with others.

This workshop is for people who want to transform how they relate and experience more peace and connection. What you learn *will* make a difference, even if the other person hasn’t attended this training.

Living Peace is based on Nonviolent Communication (NVC) by Dr Marshall Rosenberg, and is a way of communicating that is transforming relationships the world over. It is a simple yet profound tool which simultaneously supports both compassion and empowerment – for ourselves, our family, friends and colleagues. For more information about NVC www.cnvc.org.

‘NVC has opened up a whole new awareness of how I can be in the world. Until now I never really knew HOW to offer the openness and respectful honesty I wanted to offer - it was just an intellectual idea I aspired to.’ Judith Lai, Sydney



About the facilitator:

Shari Elle, is the founder of The Making Peace Group, and is an internationally accredited trainer with the Centre for Nonviolent Communication. She acknowledges the knowing and wisdom of every human being and supports this intelligence to be known. When this happens access the true capacity to solve the challenges we face in the world at every level. Shari works with government, organisations, schools, communities, and individuals to create a world where everyone prospers.

Living Peace Training

Details:

Sat 10th & Sun 11th Nov 2012

9.30am to 5pm North Sydney

Price: \$385 inc gst, \$355 early bird

Friend: Bring a friend for half price.

Resit offer: If you have already attended a foundation course with us you are welcome to resit at half price.

For bookings and information about training

www.fullyalive.com.au

Shari on 0412233955

For more information about NVC
- www.cnvc.org

“Dr. Rosenberg has brought the simplicity of successful communication into the foreground. No matter what issue you’re facing, his strategies for communicating with others will set you up to win every time.

—TONY ROBBINS,
author, *Awaken the Giant Within* and
Unlimited Power.