



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

Talk That Works

WORKSHOP

The words we use are powerful. They can create relationships of harmony, connection and inner trust . . . or anger, submission, guilt and fear.

'Talk That Works' is based on Nonviolent Communication (NVC) by Dr Marshall Rosenberg, 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.

Most of us have more old habits of blame and criticism, submission and aggression than we'd like to admit. These are the habits that make it very hard to connect with our loved ones and build happy relationships.

By learning 4 simple steps you can let go of these habits and be more open and confident in relating. Come and find out how to:

- 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 adults of all ages 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 doesn't know NVC.

'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 Macree, director of The Making Peace Group, is an internationally accredited trainer with the Centre for Nonviolent Communication. She has a background as a business consultant and educator. Shari offers a range of programmes for business, government, schools, individuals and families.

2-day weekend workshop

20-21 February 2010

Katoomba | 10am-5pm

Price: \$385 inc gst.

Early bird (11 Feb): \$355

Full price registrations (including early bird registrations) also receive ***A Language of Life*** book and ***Speaking Peace*** double CD by Marshall Rosenberg, valued at \$85.

Special "You and a friend" offer:

For each full registration you are welcome to book one friend at half price.

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

These offers do not include a second bonus book and CD.

For more information call
Shari Macree ~ 0412 233 955

Book online at
www.fullyalive.com.au

or fill out and mail the attached booking form.

Please note: Depending on numbers we are planning to run this workshop in a private home - numbers may be limited to 14. Early booking is recommended.

Talk That Works workshop – booking form

FOR ONLINE BOOKING please visit www.fullyalive.com.au

Name Email

Address

Phone(H) Phone(W) Mobile

Name and Date of workshop **Talk That Works - Katoomba 20-21 February 2010**

People attending

Payment by: Cheque Visa Mastercard Bankcard (please circle one)

Name on card Amount \$

Card number Expiry/..... CVV number

Please make cheques payable to **The Making Peace Group Pty Ltd** [ABN 69 101 834 431]

Please return your form to

The Making Peace Group
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