



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.

5 evenings

Tues 17 Aug

Thurs 19 Aug

Tues 24 Aug

Thurs 26 Aug

Tues 31 Aug

North Sydney | 6 – 9 pm

Price: \$380 inc gst.

Early bird (29 July): \$355

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.

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.

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 – North Sydney 5 evenings starting 17 August 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

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