

# COMPASSIONATE COMMUNICATION

## 2 DAY FOUNDATION TRAINING WORKSHOP THE RELAXATION CENTRE, ALDERLEY



**Facilitator:**  
**Cate Crombie**

(B. Adult Voc. Ed.)

**Certified International  
NVC Trainer &  
Assessor with the  
Centre for Nonviolent  
Communication**

Cate has been a facilitator of Interpersonal Communication courses for over 30 years.

Since 2001 she has been teaching NVC and applying these skills in both her personal and professional life.

She has trained with Dr Marshall Rosenberg in Australia, Argentina and the United States of America.

Cate is well known to audiences in business, the social services sector, schools, government, education, and community organisations.

Her work as a facilitator began with Parent Education, then Adult Education in the community and leading to teaching in vocational tertiary settings and also university.

[www.metacommunicate.com](http://www.metacommunicate.com)

*Please join us for this life transforming workshop.*

### Compassionate Communication

or **Nonviolent Communication** <sup>SM</sup> (NVC)

is a practical and easily learned process for communicating with empathy, honesty, power, integrity and compassion.

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*“What I want in my life is compassion - a flow between myself and others based on a mutual giving from the heart.”*

**Dr Marshall Rosenberg** - Creator of NonViolent Communication

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### Learn skills that will empower you to:

- Transform difficult relationships
- Connect more deeply and enhance all relationships
- Listen and Speak in a way that vastly increases the likelihood of getting your needs met and your higher dreams realised
- Learn the specific concepts and tools used in Compassionate Communication (NVC)
- Gain sufficient information and start to practice using these skills in your daily life in relationships, at work, and with family and friends
- Learn how to more fully express gratitude and appreciation
- Enjoy an experiential workshop using real life examples that you can easily relate to

### WORKSHOP DETAILS

**Dates:** Sat 28/Sun 29 Sept, 2019

**Times:** 9.15am for 9.30am - 5.00pm each day with 45mins for lunch

**Location:** The Relaxation Centre  
15 South Pine Road, Alderley

**Cost:** \$195.00 includes workbook, comprehensive handouts, morning and afternoon tea.

**Catering:** BYO lunch to share refrigeration available /cafes nearby.

Morning and afternoon teas (full cream cows milk) and biscuits.

If you have very specific dietary needs please BYO snacks and milk preference.

**\*Register Email (preferred):**  
[relaxcentrefld@powerup.com.au](mailto:relaxcentrefld@powerup.com.au)  
**Or, phone: 07 3856 3733**

**\*The week prior you will be sent additional information about the workshop to your email address.**

**NB Aircon:** Ladies for comfort please bring layers of clothes/jackets/shawls

Workshop details: Cate 0408 456 625

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**Pre-Workshop Preparation:** Read Chapter 1 of Marshall Rosenberg's: *“Nonviolent Communication”* : [www.cnvc.org/Training/nvc-chapter-1](http://www.cnvc.org/Training/nvc-chapter-1)

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Marshall Rosenberg: [www.youtube.com/watch?v=M-129JLTjkQ](https://www.youtube.com/watch?v=M-129JLTjkQ)

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