

COMPASSIONATE COMMUNICATION

2 DAY WORKSHOP COOLUM WOMENS SHED FEBRUARY 2020



**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, health, 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

Please join us for this life transforming workshop.

Compassionate Communication

or **Nonviolent Communication**SM (NVC)

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

“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 (NVC)

Learn skills that empower to:

- Transform difficult relationships
- Connect more deeply and enhance all relationships
- Listen and speak in a way that vastly increases the likelihood of having needs met and higher dreams and goals realised
- Learn the specific concepts, skills and tools used in Compassionate Communication
- Gain sufficient information and start to practice using these skills in daily life in relationships, at work, with family and friends
- Learn how to more fully express gratitude and appreciation
- This is an experiential workshop using real life and workplace examples

In the week prior you will be sent important information with logistics about the workshop.

WORKSHOP DETAILS

Dates: Sat 22 & Sun 23 Feb 2020

Times: 8.45 am for 9.00 am - 4.30pm each day

Location: Coolum Womens Shed
26 Research St. Coolum Beach
Qld 4573

Contribution: \$25.00 per person

Resources: Workbook and comprehensive handouts

Catering: Morning and afternoon tea and snacks provided.

Lunch: (optional) \$12.50

Sat - Vegan Roast Vegetable Slice with side salad

Sat - Vegan Coconut / Veggie Curry & Rice

BYO also welcome.

Enrol www.thewomensshed.org

Enquiries coolumwomensshed@gmail.com & Nell 0431 729 306

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

Marshall Rosenberg: www.youtube.com/watch?v=M-129JLTjkQ
