



Overview & Insights

Compassionate or Nonviolent Communication (NVC) helps us to create and live a life in harmony

When:

Tuesday 12 March, 2018
6.45 for 7.00 to 9.30pm

Location:

The Relaxation Centre
15 South Pine Road
Alderley Brisbane 4051

Cost:

\$25 per participant (neg)

Register Please:

07 3856 3733 or
relaxcentrefqld@powerup.com.au

www.relaxationcentrefqld.org

Most of us have been educated from birth to compete, judge, demand, diagnose - to think and communicate in terms of what is "right" and "wrong" with people. The habitual ways we think and speak often hinder communication and create pain, conflict and misunderstanding.

If you have ever searched for ways to improve your family dynamics, personal and professional relationships, then NVC may offer you a new perspective and concrete skills.

Nonviolent Communication stresses the importance of putting compassionate connection first. People around the world in most cultures have found that NVC can deepen family connections, move past conflicts, and improve communication.

Presenter: Cate Crombie B Ad Voc Ed



Certified NVC Trainer & Assessor with the International Centre for Nonviolent Communication, Cate has been a facilitator of Interpersonal Communication and Personal Empowerment courses for over 30 years.

Since 2001 she has been teaching NVC and applying these skills in both her personal and professional life. Cate has trained with Dr Marshall Rosenberg in Argentina, Australia and the USA and she's delivered workshops all around the world.

Cate is well known to audiences in business, the social services, parenting groups, university, schools, government and community organisations. Visit: www.MetaCommuiCate.com

