



Would you like to improve how you communicate?

- Build relationships based on compassion and understanding
- Be assertive and resolve conflicts with confidence
- Offer honest feedback without insulting others
- Hear others with empathy, even when they speak in critical ways
- Break patterns of thinking that lead to anger, depression or guilt

Learn a practical process for communicating effectively and compassionately in stressful situations in your home, work and community.

Nonviolent Communication (NVC) Foundation Training Manchester 27-28 November, 2010

Village Hall, Didsbury, Led by Laura Harvey, Certified Trainer in NVC

This training in “Nonviolent CommunicationSM” (NVC):

- Presents the concepts and tools of NVC.
- Provides the information and practice needed to start using the tools in daily life
- Uses a supportive, experiential style with real life examples

Fees

£130 for individuals (negotiable for those prevented from coming for individual reasons)

£195 for people for whom the fee is tax deductible

£240 for people paid for by a public sector organisation £340 private sector organisations

For more Information and to book contact:

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Nonviolent communication is used in more than 30 countries in homes, companies, schools, prisons, charities, health care settings, social services, counselling and peace work with people of all ages. The Center for Nonviolent CommunicationSM is a global organisation helping people connect compassionately with themselves and one another.