



CULTIVATING INNER FREEDOM

and the power of CHOICE to lead the life we want through the basics of Nonviolent Communication (NVC)

on the Sunshine Coast - 2 options

PLUS special One-off Practice Day

With Nonviolent Communication trainers

Kate Raffin + Deborah Moseley

'Nonviolent Communication shows us a way of being very honest, but without any criticism' -Dr. Marshall Rosenberg - NVC founder

FOUNDATION Option 1: Mt. Ninderry Healing Centre	FOUNDATION Option 2: Sunrise Beach, Noosa
Part 1 - Fri 1 st March 5.30-8.30pm	Part 1: Tues 2 nd April 9.30am - 1.30pm
Part 2 - Sat 2 nd March 12-5pm	Part 2: Wed 3 rd April 9.30am - 1.30pm
Part 3 - Sun 3 rd March 9am-2pm	Part 3: Thur 4 th April 9.30am - 1.30pm

Each part is a pre-requisite for the next

In these dynamic workshops, we will use real life examples to explore how we can powerfully respond to the immense challenges we face by asking how we can :

- * stay open, curious and safe and cut the exhausting guess work by directing our attention towards what will really make a difference
- * understand the choices we each have to respond most effectively
- * resource ourselves when tension arises
- * create the support we need
- * contribute to other's wellbeing while simultaneously attending to ours
- * respond in a way that is aligned with what we really want to say or do

Special One-off Practice Day

*'Working with Anger, Guilt Shame and Depression'+
'Finishing Business - like it is our last day on Earth.'*

Sunday 7th April 9am - 4pm

Mt. Ninderry Healing Centre
Contribution \$80- \$120

Pre-requisite: the above Foundation training or equivalent

Course contribution: sliding scale - from \$180 to \$300, Part 1 only - \$60

We would like to make this training both accessible and sustainable. Please contribute at the top of your ability. Please talk to Kate if this is beyond your reach, we would not want money to be the reason you don't attend.

Please book early as places are limited

Book here: <http://hearttalkmatters.com/sunshine-coast-foundation-trainings-and-practice-day/>

Contact details: Caitlin Clare - 0498 098 773 c8yc@yahoo.com
Kate Raffin - 0488 550 979 kate@kateraffin.com

"This course was fantastic. Super interesting, gives you many new and valuable tools for listening + communication"
- Sara Nelson Newcastle Nov, 2018

"If you are struggling with open/honest communication, this course is for you." - Paul Newcastle Nov, 2018

"I am taking away the possibility of change. It's hard work but also fun and will forever change the way you think".
- Debbie Nicholas, participant Bega 2018

Kate is an accredited mediator, skilled facilitator and certified trainer with the Centre for Nonviolent Communication.

For more info on Kate see - www.hearttalkmatters.com

Deborah has a background in Training, Education and Mental Health. She has been practicing NVC for 15 years and runs practice groups on the Sunshine Coast and is now a candidate for CNVC Certification.

For more info on Deborah see - <https://communicate2connect.org.au/who-are-we/deborah-moseley/>

Heart Talk Matters is based on the work of Marshall B. Rosenberg, author of "Nonviolent Communication: a Language of Life" www.cnvc.org