

Becoming What You Need

Using Five Elements of Empathic Communication ~ Workshop



*With David and Judith Weinstock
Visiting NVC trainers from the USA*

*David and Judith are well known
internationally and whose work includes:*

*Body movement that is fully incorporated with
Compassionate/Nonviolent Communication (NVC).*

Their own **Somatic Consensus** approach creatively teaches communication as a whole body/mind practice and art. Come and experience their emotional, physical, and linguistic techniques for transforming old reactions into resources for connection and healing.

(Resourcing the wisdom of our bodies increases our capacity to relate compassionately.)

We can better align what we say with our deeper intentions, manage emotion, and take decisive action.

WHO would attend? *Individuals, groups, teachers, coaches and therapists who want to learn and share new effective practices for embodying NVC in all aspects of our lives and work. *There is no requirement to have prior NVC training experience.*

See this promotional video:

<http://tiny.cc/WeinstockYouTube>



Becoming What You Need

FREE Intro/Taster

Thur 17 Oct 7.15 - 9.15pm
Newmarket Hall Ashgrove Q. 4060

Book: <http://tiny.cc/WeinstockNVC>

Using Five Elements of Empathic Communication

See detailed description overleaf

Fri 18 Oct 7.00 - 9.00pm
Sat/Sun 19/20 Oct 9.30am - 5pm both days

\$375 Register/pay through
The Relaxation Centre
15 South Pine Road Alderley
Brisbane Qld 4051

Book with full fee or deposit \$125

***Register** (Online, Email or Phone):

<http://tiny.cc/BecomeWhatUNeed>
relaxcentrefqld@powerup.com.au

Or, phone 07 3856 3733

Places for **40 people** only **Book soon.**

* Some discounted places available.

To enquire, write your request to Cate:

cate.crombie@metacommunicate.com

David Weinstock is a certified NVC Trainer, author, a Somatic Coach, Aikido Instructor and originator of Somatic Consensus.

Judith Weinstock is a certified NVC Trainer, author, entrepreneur and has run consensus-based businesses for over 40 years.

David and Judith lead workshops in schools, prisons, businesses, intentional communities & organizations, around the world.

With their family they live in an intentional community that they co-founded with others in 1990 in Washington State, US.

Visit their website: www.liminalsomatics.com

The Five Elements of Empathic Communication



1. Ground - Under-Standing and Meaning

When you walk into the unknowns of life and relationships, it is stabilizing and empowering to know the ground you stand on, what is meaningful for you. Here you will learn practices to connect more deeply to your senses, intuition and emotions that connect you to what you care about. Knowing the ground you stand on and the ground that is beneath us all brings *under-standing*.



2. Water- Connection to all our Relations

Life is about relationship. At the core is relationship to our selves. Water represents the ocean of relationships in which we swim. We will explore imaginative physical and emotional practices that develop empathic listening skills to connect more fully to all your relationships. Through this work, emotional wounds can be revealed, transformed into a resource and integrated into who we now are. Working through the body is to return again and again to the energy that is being experienced and lived in the present moment. Through self-empathy practices, we will transform our habitual core strategies into generative resources for *connection, contribution and collaboration*.



3. Fire- Finding Your Voice and Walking Your Talk

When we know what we deeply care about and are connected to all that supports us we can relax, access our higher awareness, listen more clearly and speak what is true for us with greater confidence and clarity. Learn to fully embody your **yes, no** and **maybe** with greater inclusivity and understanding. Speak your truth and walk your talk with greater clarity, power, decisiveness and compassion.



4. Wind-Stop taking others Personally

With practice, you can develop self-listening skills that inform you of what is too much and what is too little, what your system can handle-- or not, in relationship. We'll redefine boundaries not as something that keeps others away but as shock absorbers that inform us when to move and when not to. This element is essential for a healthy autonomy, buoyancy and adaptability in the midst of relationship. In this session we will practice effective ways for not taking what others say too personally and for regulating our interactions in ways that help us to stay centred, creative and balanced.



5. Space- Empathy, Curiosity and Skillful Vulnerability

Space is the music between the notes. Here we will explore space as a resource to aid in becoming more powerfully vulnerable in a way that leaves us open to the subtle messages within relationships while increasing safety and connection. Space is the medium in which empathic connection happens. Connecting to the deeper sources of our strategies, we will explore practices to increase our capacity for inclusivity, improve our ability to re-centre ourselves quickly, and develop our sense of timing.