

# Compassionate Communication NVC

## Practical Skills For Creating Healthy Relationships

- ♥ Learn new ways of communicating in any situation
  - ♥ Resolve conflict peacefully and effectively
- ♥ Learn healthy relating skills, how to respond, not react
  - ♥ Experience how to meet other's needs & your own
- ♥ Set effective boundaries with compassion & awareness
  - ♥ Create connection, understanding, respect and trust
  - ♥ Take away practical tools to benefit all relationships
- ♥ Learn how to express yourself clearly and hear others with compassion

## Compassionate Communication Foundation Training

Facilitated by **Paulette Bray-Narai**



### **Internationally Certified NVC Trainer**

Paulette has a background in Psychology, Education & Restorative Justice & has been living & parenting with CC/NVC since 2002.

As an Internationally Certified NVC Trainer, Paulette brings awareness, skill and experience. Her trainings are fun, experiential and explore situations relevant to participant's lives.

All FT graduates welcome to Ongoing Group Coaching: Wed & Fri fortnights 10am-12 & FT Part 2 & more.

Sowing the seeds of Compassion one connection at a time

### *Cultivating Compassion*



**Bookings and Enquiries:** [02 66 847262](tel:0266847262)

Email: [paulettenc@gmail.com](mailto:paulettenc@gmail.com) ♥ [www.expresspeace.com](http://www.expresspeace.com)

**When:** Saturday & Sunday 9.30-4.30 Dates on Home Page

**Where:** A beautiful private venue in Coorabell, overlooking Byron Bay

**Fee:** \$385pp **Early Bird** \$365 book by Aug 15, **friends** \$375pp book together by Sep 5, 2018

**OR Special Offer** Book FT 1 and FT 2 together for only \$550, PLUS free set Ah Ha cards

(In some cases training may be tax deductible & count as CPD professional Development)

Bookings are confirmed with payment, & \$50 non-refundable deposit to BSB:062 565 Acc:10306375



"Learning Compassionate Communication with Paulette has been a gift for everyone I relate with, including myself." J Law, Parent & Pre-school teacher

**"Following my FT with part 2 was invaluable. It reinforced past learning and moved me to another level. Thank you. G.D"**

**This training is Powerfully Transformative, Practical and Effective**