

HEART TALK MATTERS PRESENTS

# CULTIVATING INNER FREEDOM

APPLYING OUR SKILLS TO ALL SITUATIONS  
2 x One-off NVC PRACTICE DAYS  
Sat 15+ Sun 16 June, 9 - 4pm

with **Kate Raffin**, certified trainer with the Centre of  
Nonviolent Communication [www.cnvc.org](http://www.cnvc.org)

**VENUE TBC**

**Sat June 15th, 9am - 4pm** - Topics include working with Anger,  
Guilt, Shame and Depression + Vision - a powerful calling

**Sun June 16th 9am - 4pm** - Topics include Preparation for  
Authentic Dialogue + Finishing Business

Prerequisite - having completed a 12 hour foundation course in NVC or equivalent.

**Contribution: sliding scale – from \$110 to \$180/day**

We would like to make this training both accessible and sustainable.

Please contribute at the top of your ability. Please contact Kate if this is out of your reach

**Bookings** <http://hearttalkmatters.com/canberra-nvc-practice-days-may-june-2019/>  
or search facebook Cultivating inner freedom Canberra

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**Kate Raffin – 0488 550 979 [kate@kateraffin.com](mailto:kate@kateraffin.com)**

More info about Kate: [www.hearttalkmatters.com](http://www.hearttalkmatters.com)

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

[www.cnvc.org](http://www.cnvc.org)

*"I used to think this was too 'fluffy' for my work, however,  
this is a much better way of reducing conflict – and will be very useful,  
not only in my work, but in relationships."*

*"Wonderful and Effective - woman of great integrity" "This is powerful work"  
- Practice Day participants Newcastle, Feb 2019*

