

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

Sat June 15th, 9am - 4pm

Venue: Currie Crescent Community Centre (at the Baptist Church), 11 Currie Cres Kingston
Topics include working with Anger, Guilt, Shame and Depression + Vision - a powerful calling

Sun June 16th - 9am - 4pm - Venue: Youth Coalition of ACT, 46 Clianthus st, O'Connor
Topics include Preparation for Authentic Dialogue + Finishing Business

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

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

We would like to make this training both accessible and sustainable.
Please contribute at the top of your ability

Bookings <http://hearttalkmatters.com/canberra-nvc-practice-days-may-june-2019/>

Contact: Amie Illfield 0403 938 666 amie.illfield@gmail.com

Kate Raffin – 0488 550 979 kate@kateraffin.com

More info about Kate: 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

*"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*

