

# CULTIVATING INNER FREEDOM

& the power to create the life we long for

an intro to the learnable skills of Nonviolent Communication\* with

**KATE RAFFIN** [www.hearttalkmatters.com](http://www.hearttalkmatters.com)

CERTIFIED TRAINER WITH THE CENTRE FOR NONVIOLENT COMMUNICATION

\*BASED ON THE WORK OF MARSHALL ROSENBERG

**VENUE VALDORA HALL, SUNNY COAST, QLD**

**SAT 16TH + SUN 17TH JULY, 9.30 AM TO 4.30 PM**

Saturday is a pre-requisite for Sunday

In this dynamic training, we will use real life examples to explore how we can:

- Cut the exhausting guesswork by attending to what will really make a difference
- Transform the legacy of separation, scarcity and powerlessness into a liveable future
- Stay open, curious and safe when tension arises
- Create the support we need to sustain ourselves while attending to what truly matters
- Contribute to others well-being while simultaneously attending to ours
- Become a valuable resource for our important relationships by choice

## Contribution

\$180-\$300 sliding scale

\$140 - resit with Kate

(Places limited)

We want to make this training as sustainable and accessible as possible.

Please contribute at the top of your ability

"Do it! - You walk away enriched and up skill in something of the everyday life" - Giacomo

**BOOK : [WWW.EVERYDAYEMPOWERED.COM.AU](http://WWW.EVERYDAYEMPOWERED.COM.AU)**

