

CULTIVATING INNER FREEDOM

& the power to respond to create more of the life we long for

using the learnable skills of Nonviolent Communication* with

KATE RAFFIN

www.hearttalkmatters.com

CERTIFIED TRAINER WITH THE CENTRE FOR NONVIOLENT COMMUNICATION

*BASED ON THE WORK OF DR. MARSHALL ROSENBERG

VENUE : PRAKSIS, CAMPBELL, ACT

SAT 5TH 11.30 - 6.30PM + SUN 6TH NOV, 9AM - 4PM, 2022

Saturday is a pre-requisite for Sunday

BOOK: [HTTPS://PRAKSIS.COM.AU/WORKSHOPS/NVC](https://praxis.com.au/workshops/nvc)

Contribution

\$180-\$360 sliding scale,

\$140 - resit with Kate

(Places limited)

We want to make this training both
sustainable and accessible.

Please contribute at the top of your ability

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
- Maximise readiness to respond to all of life - no matter how it shows up
- Become a valuable resource for our important relationships - by choice



"I can not rate this highly enough ...I will use this in all elements of my life: parenting, relationships, community, work".
- Charlotte McCabe, Newcastle

"I feel empowered with the realisation that I have always a choice in every moment ... I encourage everyone to dive deep into this work under Kate's wing I'm taking away many tools that are very practical to support my days ahead"
- Participant, Ninderry Qld.