



INTRO  
&  
PRACTICE

ALL welcome  
no matter your  
exposure to  
NVC

# Ready to Respond

## NONVIOLENT COMMUNICATION WORKSHOP

WITH  
JOURNEY  
OUTDOORS  
IN NATURE!

Facilitated by **KATE RAFFIN** - CERTIFIED TRAINER WITH THE CENTRE FOR NONVIOLENT COMMUNICATION - BASED OF THE WORK OF DR. MARSHALL ROSENBERG & **TEGAN CORK**

*Learn and practise how NVC naturally replaces our old patterns of defending, withdrawing or attacking in the face of judgment and criticism.*



INDIVIDUAL &  
GROUP  
PRACTICES  
WITH TAKE HOME  
RESOURCES

Maximise readiness to respond to all of life - no matter how it shows up in your workplaces & at home!



SAT & SUN  
10 TH & 11 TH DEC  
9:00AM -4:00PM

This two day workshop will invite you to practice these principles in dynamic ways that will have you feeling confident to take it into your daily life. Of course, if you can't make the two days then we highly recommend coming for one day to get you one leap closer to clearer communication that will serve you and others.



Come & learn in  
an outdoor  
classroom!  
NORTHERN  
RIVERS, NSW  
Venue TBA

We want to make this training accessible and sustainable, please contribute at the top of your ability

2 Days - \$180 to \$350 OR 1 Day - \$110 to \$220

**[Get your tickets here!](#)**