

# CULTIVATING INNER FREEDOM



Understanding truth as the safest + most powerful place to be

Using 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 OF THE WORK OF DR. MARSHALL ROSENBERG

SAT 25TH + SUN 26TH FEB, 2023 9.30-4.30PM

VENUE : QCWA HALL 11 STEVENS ST. YANDINA

Saturday is a pre-requisite for Sunday

BOOK [HTTPS://EVERYDAYEMPOWERED.COM.AU/EVENT/NONVIOLENT-COMMUNICATION-FOUNDATION-TRAINING/](https://everydayempowered.com.au/event/nonviolent-communication-foundation-training/)

## Contribution

\$180-\$380 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



Everyday  
Empowered  
HOLISTIC WISDOM - EVERYDAY ACTION

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

- Be in the world with nothing to hide
- 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

" You will improve your communication skills x 10 ... This course will give you the confidence to adult up, be mature and have those difficult conversations (with ease) that sometimes we need to have without just going into our cave and avoiding them"

- Scott July 2022