

EMBRACE 2 OPPORTUNITIES TO ENGAGE

CULTIVATING OUR CAPACITY TO RESPOND POWERFULLY
NO MATTER WHAT SHOWS UP IN OUR LIVES

using the learnable skills of Nonviolent Communication*

with certified trainer

KATE RAFFIN

'NVC is interested in learning that is motivated by reverence for life, by a desire to learn skills, to contribute better to our own well-being and the well-being of others.' - Marshall Rosenberg, founder of NVC



"You have so much to gain
It's invaluable in enriching relationship."

"Thank you - my learning brought
about a resolution to an 8 month
old family impasse last week!"

"The main thing I'm taking away is the
courage to learn how to deal with conflict
peacefully - with more awareness"

MARY MAJELLA HALL,
CAIRNS HINTERLAND STEINER SCHOOL, KURANDA, FAR NORTH QLD.

EMBRACE 1.

NVC FOUNDATIONS COURSE

SAT 19TH + SUN 20TH JULY, 2025,
9.30 - 5.30 PM

Saturday is a pre-requisite for Sunday

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

EMBRACE 2.

NVC PRACTICE WEEKEND

SAT 26TH + SUN 27TH JULY, 2025,
9.30 - 5.30 PM

Foundations course is a pre-requisite for the practice days

TOPICS WILL INCLUDE : (but not be limited to) :

* **WORKING WITH VISION - A POWERFUL CALLING**
"How can we create what we haven't first cherished in our hearts?" - Joanna Macy

* **CONFLICT - A DOORWAY TO CONNECTION**
"The more distance I put between myself and a conflict, the louder it becomes" - Dominic Barter.

* **FINISHING BUSINESS**
Offering ourselves the opportunity to hear and be heard with something we have been carrying

Contribution

\$200 - \$600 sliding scale,

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BOOK YOUR PLACE:
<https://events.humanityix.com/embrace-in-enq-cultivating-our-capacity-to-respond-powerfully-no-matter-what-shows-up-in-our-lives>



'Our survival as a species depends on our ability to recognise that our well-being and the well-being of others are in fact one and the same.'

- * Dr Marshall Rosenberg - Founder of NVC*

www.hearttalkmatters.com