# FMBRACE 2 OPPORTUNITIES TO ENGAGE

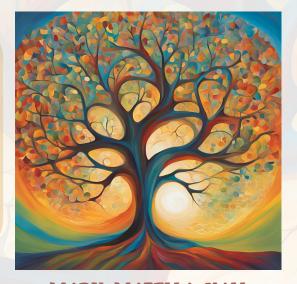
## CULTIVATING OUR CAPACITY TO RESPOND POWERFULLY NO MATTER WHAT SHOWS UP IN OUR LIVES

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, 930 - 530 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



\_BOOK\_YOUR\_PLACE\_: HTTPS://EVENTS.HUMANITIX.COM/EMBRACE =IN\_ENQ=CULTIV.ATING=OUR\_CAPACITY\_TO= RESPOND=POWERFULIX\_NO=MATTER= WHAT-SHOWS-UP-IN-OUR-LIVES



## 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,

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

'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