

# NVC

## Beyond Conflict

What we say *IS* powerful. Our words, and how we hear others, affect the level of trust and conflict we experience in each of our relationships. By learning NVC we bring power, compassion and love to every interaction, whether at work *or* home.

*Dr Marshall Rosenberg's time proven process of Nonviolent Communication, (named from alignment with Gandhi and Martin Luther King) is a world famous methodology to:*

- **Create exceptional personal and professional relationships**
- **Ask for compassionate understanding for ourselves**
- **Hear behind the way something is being said to hear what is *really* meant**
- **Prevent and resolve misunderstandings and conflict**
- **Speak authentically, in a way that leads to harmony**
- **Create willingness without coercion**

*These 4 simple steps within NVC help you let go of habits of blame, criticism, submission, aggression and "fixed thinking" which make it difficult to connect with those we care about.*

*You really can build happy and powerful relationships.*

### NVC Foundation Training Sydney

Sat 10 & Sun 11 August 2019

9.30 am - 5pm Crows Nest

**Amount:** \$400 pp, \$385 early bird

**Friend Offer:**

*Bring a friend for ½ price.*

For bookings and information

[www.communicationgroup.com.au](http://www.communicationgroup.com.au)

[shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au)

Phone: Shari on 0412233955

*"Dr. Rosenberg has brought the simplicity of successful communication into the foreground. Not matter what issue you're facing, his strategies for communicating with other will set you up to win every time."*

~TONY ROBBINS

author, *Awaken the Giant*

*"Shari, I have really enjoyed working with you. I've been reflecting on times I have done things without joy in my heart, used praise to gain repeat behaviour and not being honest or clean in my communication. Thank you for your heartfelt, competent and experienced support. ~ Participant*



#### About Shari Elle:

Shari is a co-founder of NVC in Australia and has offered NVC trainings since 2002. She is an Internationally Certified Trainer with CNVC and has worked extensively with Dr Marshall Rosenberg.

Shari works with people who want to powerfully influence positive change and need the support of others to do it. She mentors future NVC trainers, co-runs an 8-month Embodying NVC program, and coaches and trains individuals both privately and within organisations.