

# 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**
- **Listen behind the hard to hear 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 2 & Sun 3 October 2021

9.30 am - 5pm Crows Nest

**Amount:** \$400 pp, \$385 early bird (closes 3 weeks prior)

**Friend Offer:**

Bring a friend for ½ price.

For bookings and information

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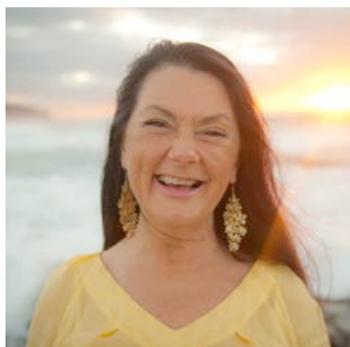
Phone: Shari on 0412233955

*"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 has worked extensively with Dr Marshall Rosenberg and is Certified as an International NVC Trainer with CNVC since 2004.

Shari works with people to powerfully and authentically create trust and connection, and transform the quality of relationships. She mentors future NVC trainers, works in organisations, runs a 6 month Peer Leadership Program, holds advanced trainings & coaches one on one.