

# 3-Day Embracing Guilt and Shame - Reclaiming Power and Choice with Liv Larsson (from Sweden).

Friday 5th to Sunday 7th September 2025 - Sunshine Coast



We are delighted to announce that Liv Larsson (pictured), international mediator, author of over 20 communication and mediation books, and Certified Trainer with the Centre for Nonviolent Communication (CNVC) is coming to Australia to share her 3-Day Embracing Guilt and Shame – Reclaiming Power and Choice.

We are excited to be bringing Liv and her depth of NVC wisdom to our Australian Community.

## About this Training

### The opportunity

Many of us use unnecessary energy to get rid of guilt and shame instead of getting to the core of it in a way that will transform it. In this Training you have the chance to explore the needs behind shame and how to embrace and befriend it.

We will discover how shame and guilt make communication a challenge and how we can turn that around and how to instead make those emotions a support in our connection with others and ourselves. We will work with concrete examples of where shame and guilt affect our life in unwanted ways. Embracing shame and guilt will give us better access to our sensitivity and empathy. We will also take a look at how to connect with others when they are experiencing anger, guilt and shame.

This workshop brings together the interconnectedness of these life serving qualities of Shame and Guilt and Vulnerability and Power. They help us access our super-ability to Connect with Life.

Take part of this extraordinary training and reclaim power and choice!

### What will you learn?

- To access vulnerability, sensitivity and empathy without giving up on your sense of power or choice.
- To use the Compass of Needs to understand when you are wasting energy in avoiding shame and how to instead return to needs again.
- You will get an understanding of how our society and culture influences our feelings of shame and guilt.
- Hands – on strategies on how you as an individual can transform shame, guilt and anger into feelings that are more directly connected to life.
- Ideas of how to connect with others when they are avoiding shame by attacking others, uses self blame, anger, withdrawing or rebelling.

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## Who this training is for

This training is for anyone wanting to understand guilt and shame – yours and/or others – at a deeper level.

You are probably tired of having your life being influenced by guilt and shame. Maybe you are longing for a sense of power and choice in your life. You might also be someone looking for a way to really live in empathy – from your heart and not from any method or tool. And to have authentic conversations, even when shame and guilt arise.

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## Requirements for this Training

We would like you to have attended the equivalent of a 2-Day NVC Foundation Training prior to attending this event. If you have not completed this training, please contact Shari [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au) – so we can work out a way to support you to attend.

You will get the most from this training by reading the book “Anger Guilt Shame – Reclaiming Power and Choice” by Liv Larsson (not a requirement). Reading this will greatly enhance your experience from this training.

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## About Liv Larsson the Trainer



Liv Larsson is a mediator and NVC certified Trainer since 2002. She is a favorite trainer with NVC enthusiasts around the world.

Liv lives in the north of Sweden and is the author of 24 books on communication and NVC both for adults and children. She leads training all over the world. She has been working as trainer, leading seminars on communication, mediation and how to deal with strong emotions and since 1992. Her books are translated to many different languages.

Her mediation contracts include working with mining companies as well as the Swedish Forest Stewardess Council where she has mediated between the Same (the indigenous group of Sweden) and the country's biggest forest companies.

Her passions are cross-country skiing, hiking, swimming, yoga, nature, her son, writing and connecting with people.

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## Investment

All prices are **GST inclusive**

	Date the Deposit Is Due ( <b>\$500</b> )	Individual
Super early-bird	30 April '25	<b>\$ 1590</b>
Early bird	30 June '25	<b>\$ 1750</b>
Full rate	-	<b>\$ 1950</b>

Full Amount is due at least one month prior to the event.

### Scholarships:

It is our intention to make this training accessible and there are a limited number of partial scholarships available. Please email Shari on [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au) and we will forward you the scholarship outline and application form.

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## Venue, Times and Accommodation

The venue is at Alexandra Headland on the Sunshine Coast, 15 min drive from the airport. It commences on Friday 5th until Sunday 7th September 9.30am to 6.00pm each day.

There is plenty of accommodation nearby through AirBnB and we will create a signal group to connect those participating (to share travel & accommodation).

## To Register

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

- Register by entering your details against the Living NVC Training – Pay via paypal or after filling your details, abandon the cart and pay by bank deposit (Communication Group, BSB 633000, Acct No 211 735 618 Ref Your Name).
- A \$500 non-refundable deposit is paid to secure your place in the training .
- To receive early bird rates, deposit must be received within the date specified.
- The remainder of the payment is **due one month prior** to the training commencing. (unless discussed with Shari prior). People on wait lists will then be notified.
- Note: Deposits are non refundable.

If an organisation is paying for the training, full payment is payable (not deposit) to secure place. Please request an invoice if required. To benefit from early bird rates, full payment must be received prior to the end of the EB date. Contact [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au) for any additional information.

## Wait List

This training is limited in numbers and once it is full we will have a wait list.

## For more Information

If you require additional information, please email:

Shari Elle on [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au) or phone on +61 412 233 955.



M: 0412 233 955

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

W: <http://www.communicationgroup.com.au>