

“What I want in my life is compassion - a flow between myself and others based on a mutual giving from the heart.”

— Marshall Rosenberg,
Developer of Nonviolent
Communication



Cate Crombie B. Adult Voc. Ed
CNVC Certified Trainer
Effectiveness Training Instructor

Cate has been a facilitator of communication courses for over 20 years. Her workshops and training is offered in a variety of settings: from corporate training, parenting workshops in community centres, university, to in-service training in the social services sector.

Since, 2001, Cate has been learning and practising Nonviolent Communication skills in both her personal and professional life, as she is committed to fully living the process. Being inspired to share this powerful yet natural model with others. She is the mother of three young adult women, with whom she has close connected relationships

Cate is a Centre for Nonviolent Communication (CNVC) certified trainer of Compassionate or Nonviolent Communication.

Don't be Nice ~ be Real

Balancing passion for self with compassion for others

Here is an excellent opportunity to enrich your capacity for communication and self-empowerment. Apply the NVC model to free yourself from the habit/trap of giving-in or giving-up, suppressing your feelings and needs, or resenting others for not being “as nice as you are”.

Many of us have learnt to be nice to our own detriment and this workshop will take you through a whole range of interactive exercises designed to quieten those inner critical voices that so often have us saying ‘yes’ when we mean ‘no’, and vice-versa. When we do this we feel deeply uncomfortable and even hate ourselves for not speaking up. The ability to communicate our needs and values is truly priceless.

In this workshop you'll learn practical ways to:

- ▶ Transform resentment and jealousy
- ▶ Transform any illusions of rejection, criticism, abandonment and control.
- ▶ Perfect your ‘Selffulness’
- ▶ Say “no” with self-power and compassion
- ▶ Make ‘Freedom the Centre and Love the Circumference’ in all relationships
- ▶ Speak your mind without creating hostility
- ▶ Give ‘Emergency First Aid Empathy’ when buttons get pushed
- ▶ Quit taking responsibility for your partner's pain.

Pre-requisite:

This workshop is for people who have attended an NVC Foundation training.

August 21-22 ~ 2 day workshop (Sat & Sun)

Sydney - East Suburbs

10am – 5pm

\$385 (early bird by 1 August - \$355)

Bring a friend
for half price.



HOW TO BOOK ~ Don't be Nice be Real 21-22 August

ONLINE BOOKING: please visit www.fullyalive.com.au

BY MAIL: please return this booking form to
PO Box 1476 North Sydney 2060

or **CALL** the Making Peace Group on **0412 233 955**

Name Email

Address

Phone(H) Phone(W) Mobile

Name and Date of Course

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