

F R O M T H E H E A R T

SPEAK PEACE

ADVANCED TRAINING FOR INTEGRATION

Advanced Training
(See pre-requisite)

Five Saturday Seminars

July - Dec 2010
10.00am - 5.00pm
Warranwood

Single Days \$145.00

Three Days \$385.00

Five Days \$650.00

New Financial Year Special:

Book by July 17th for
another 10% off

Financially challenged?
Call Cherie to discuss.

Morn/afternoon tea provided
Bring lunch to share

TO REGISTER: Penny Green
(03) 9726 7379 - 0438 638 728
pennygreen65@hotmail.com

Facilitator: Cherie Scott:
Trainer/Coach and Celebrant
0412 619 984
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www.nvcaustralia.com

*Now you have a new sense of what's possible -
how do you meet the challenge of living
compassionate communication?*

There are great resources like books, CD's, DVD's and tele-classes.
Joining a peer-led study group is great too and . . .

Being in a room with a trainer, working on everyday issues to
deepen your understanding, integrate learning and develop
skills is a really **ALIVE EXPERIENCE!**

In my early days of learning NVC I was often frustrated by long
gaps between trainer visits to Melbourne so I'm really thrilled
to offer on-going opportunities for you to grow in a safe
learning environment.

The **Five Saturday Seminars** provide:

- a reminder of the principles of the consciousness
- more time to focus on specific aspects of the NVC model
- opportunities to practice so it becomes more natural/fluent
- a laboratory where you can experiment and learn
- coaching to take you to a new level of effectiveness

See the next page for details
BOOK NOW - PLACES LIMITED
SPECIAL New Financial Year Offer . . .
an extra 10% off the 3 and 5 Day rate
if you book and pay by July 17th.



Cherie Scott

*Communication Trainer/Coach
and Spiritual Celebrant*

25 years of personal and spiritual
growth, leadership, advocacy, healing,
ceremony, successfully navigating
health challenges, marriage and
parenting inform my work.

Training with numerous international
NVC trainers since 2003, I am thrilled
to share this work with others.

Inspired by the transformational power
of this language, I love to support
people in creating deep connection,
understanding and peace through
their communication.

S P E A K P E A C E

FIVE SATURDAY SEMINARS

ADVANCED TRAINING TO DEVELOP YOUR SKILL

*"I just loved the foundation training! I'm really inspired and hungry for more."
Jody Kingston, at the end of her Foundation Training.*

July 24th Empathy
September 11th The Dance Floor
October 23rd Colloquial NVC
November 20th Dealing with Anger
December 11th Saying "No" with Compassion

July 24th – EMPATHY

Empathy is a very powerful tool. Exercises to build your experience and practice of self-empathy to achieve a deeper level of self-connection. Learning and practice in giving empathy to others and an opportunity to be supported and nurtured by receiving empathy from others.

September 11th – THE DANCE FLOOR

Expand your skills in the use of the model and practice expressing yourself and hearing/receiving the other person in role-play. More time for each person to have a deeper experience of the process than in a Foundation Training.

October 23rd – COLLOQUIAL NVC

We will take the classic NVC model and put it into more colloquial language. There will be lots of exercises and practice in expressing ourselves compassionately using more everyday language.

November 20th - DEALING WITH ANGER

There is a real purpose in anger - it has so much to offer if we can understand it and have a way of dealing with our own and other people's. We will unpack anger and get to what is at the heart of it.

December 11th - SAYING "NO" WITH COMPASSION

Uncover what gets in the way of being authentic and saying "No." Embrace "don't be nice be real" and practice using real life examples so you will feel more confident to say "no" with compassion.

BOOK NOW - PLACES LIMITED

Pre-requisite: At least one 2 day Foundation Training - or a working knowledge of the model.

\$145.00 per workshop - 3 Days: \$385.00 - 5 Days: \$650.00

NEW Financial YEAR SPECIAL - an extra 10% off the 3 and 5 Day rates

if you book by Saturday 17th July

3 Days = \$346.50 (save \$88.50) ☺ 5 Days = \$585.00 (save \$140.00)

Location: Warranwood (Halfway between Warrandyte & Ringwood)

To Register: Penny Green - pennygreen65@hotmail.com

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