

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

SPEAK PEACE

COMMUNICATION SKILLS FOR TOUGH TIMES

Foundation Training

**Saturday/Sunday
7/8 August 2010**

9.00am - 5.00pm

Subiaco Community Centre

\$295.00 - Early Bird \$245.00
by 12th July

"You and a friend" offer:

For each full registration you may bring a friend at half price.

No one turned away through lack of funds. Call Cherie to discuss.

Morn/afternoon tea provided

TO REGISTER:

Edward Laurs

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edlaur@gmail.com

Facilitator: Cherie Scott
Compassionate Communication
Trainer/Coach and Celebrant

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celebratelife@optusnet.com.au
www.nvcaustralia.com

*From arguing to understanding...
From conflict to connection*

**Would you like to improve the quality of your relationships
and communicate more effectively?**

Nonviolent Communication is a simple yet powerful model
that gives you the skills to:*

- **Be** compassionate and empowered in situations of conflict
- **Connect** more with your own feelings and needs
- **Resolve** conflict within yourself and with others
- **Express** yourself honestly without blaming or criticizing
- **Get** what you want without using demands, guilt or shame
- **Hear** others feelings and needs without taking it personally
- **Listen** empathically without reacting or getting angry
- **Create** satisfying personal relationships
- **Communicate** more effectively at home, work, school

*"Nonviolent Communication is instrumental in creating an
extraordinary quality of life. This compassionate and inspiring
message cuts right to the heart of successful communication."*

Anthony Robbins, author:

Awaken the Giant Within and Unlimited Power

*The work of Marshall Rosenberg, PhD and
The Centre for Nonviolent Communication

www.cnvc.org



Cherie Scott

*Communication Trainer/Coach
and Spiritual Celebrant*

Cherie brings 24 years of personal and spiritual growth, 10 years of facilitating ceremonies and a depth of experience gained through leadership advocacy, successfully navigating ongoing health

challenges, marriage and parenting. She has trained with numerous internationally certified NVC trainers since 2003 and has been offering training and coaching for five years. Her passion is seeing people using the skills they learn to create connection, understanding and peace through their communication.