

Keeping it Real

Communication without Confrontation.



The Presenters

Marg Pontin's working life spans community development, education and disability. Marg currently works in workplace training and assessing and presents Nonviolent Communication in community, education and organisational settings.

Chris Gillett (BSc OT) has 26 years of experience in human services, including workplace assessment, mental health, disability, team building and shared management.

Marg and Chris are based in Western Australia.

This one day training builds on the basic tools and 4 step process of Dr Marshall Rosenberg's Nonviolent Communication. You will have opportunity to further skills in:

- Fluency and confidence saying what you mean in a variety of situations.
- "Cleaning up the mess" when you make a mistake
- How to choose between two things when you can't get clear.
- Giving yourself and others empathy.
- Identifying and dealing with triggers in messages you hear.

This is an informal and relaxed workshop with lots of time to listen to participants' needs and practice using the skills of NVC in real scenarios.

Date: Sunday August 10th, 2008

Time: 10am till 3pm

Venue: 14 Irwin St, East Fremantle.

Cost: Sliding scale between \$40 - \$80. Please contribute to the highest level of your ability.

Lunch: Please bring lunch to share, morning and afternoon teas provided.

Bookings: Phone or email to Marg.

for more information:

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The workshop is based on an approach called Nonviolent Communication (NVC), developed by Dr Marshall Rosenberg. NVC is being taught and used to foster cooperation in governments, communities, workplaces, schools and families in over 100 countries throughout the world.

Further information on NVC:

www.cnvc.org.au and www.nvcaustralia.com