

Foundation Training in Compassionate Communication (NVC)

<u>Location</u>	<u>Trainer</u>	<u>Duration</u>	<u>Dates</u>
Byron Bay Shire	Paulette Bray-Narai	2 days	Feb 13 & 20 th , 2010

The Foundation Trainings offered by Paulette are a comprehensive overview of this practical communication model. The format is experiential and provides an opportunity to learn and practise using NVC / CC for your own life situation.

The format over 2 weekends allows for the skills to be learnt in day one, and participants can begin using the process in their own lives straight away. During the intervening week, participants have time to reflect on their learning, apply the process in their own lives, often returning on day 2 with a deeper appreciation of their learning needs. The second day is a chance to share experiences in using the process and for participants to refine their skills with support from the facilitator.

Training Fee: \$290 **Early Bird:** \$240 \$50 deposit by February 5.

Bookings will be received from January 24th, 2010 by emailing Paulette Bray-Narai on cultivatingCC@aol.com or telephoning 02 6684 7262.

Paulette also runs ongoing practice groups as continued support for those practising Compassionate Communication in their lives.