

# NowConnect

create loving connections



Do you find yourself repeating arguments or feeling tense with members of your family or your partner? Are you avoiding expressing yourself or wanting to be heard differently by others?

This is a 2 day workshop for couples, individuals, professionals and anyone who wants to enhance and strengthen their relationships.

Learn 4 simple steps that will immediately help you to create more warmth, peace and connection. Bring more of your authentic, open, loving and confident self into all your relationships.

Learn how to:

- Listen openly and effectively, even during conflict.
- Speak up honestly and compassionately.
- Say and hear 'no' without upset.
- Read the cues and understand what will help, when.
- Discover the healing quality of empathy

This communication method has been transforming relationships around the world for over 40 years.

There will be plenty of opportunity to practice applying what you learn, to your current life situations. Follow-on training and support is available to further develop your fluency.

**What you learn will make a difference, even if the other person involved doesn't attend.**



For general information visit  
[www.cnvc.org](http://www.cnvc.org) or  
[www.nowrelate.com](http://www.nowrelate.com)



'Our new skills helped us untangle a difficult interaction, so we felt closer. We were pleased to see how much the workshop helped us do this.'

B.F. Sydney



Hi, I'm Linda Rysenbry, an internationally accredited Compassionate (Nonviolent) Communication trainer and mediator and couples therapist. I'm also a mum, partner and previously corporate manager. My work is grounded and practical.

For further information:

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Next dates: January 28 & February 4, 2012  
 9.30am – 4.30pm  
 Price: \$385 inc gst, bring a friend for half price  
 \$355 Early Bird – book before January 14  
 Location: The Highest Intent, Forestville  
 Inclusions: Course notes, morning and afternoon tea.  
 Options: Vegetarian lunch additional \$15.

## book today

Telephone booking: Please call (02) 9940 0880 or 0438 364 636  
 By mail: Please return this booking form to p.o. box 358 newport 2106

Name ..... Email .....

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Phone (H) ..... Phone (W) ..... Mobile .....

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