

Be Heard & Understood

An introductory workshop inspired by the work of Dr Marshall Rosenberg
Learn simple and effective nonviolent communication skills

Facilitated by Jane Sanderco

Replace old patterns of defending, withdrawing, attacking, judgment and blame that don't work, with techniques that will assist you to:

- ❖ Express yourself with honesty and clarity
- ❖ Foster respect, empathy and compassionate awareness.

When: Sat 4th September 10am – 5pm

Where: The Sharing Shed, Aldinga Eco Village, Port Rd, Aldinga

Cost: \$40 or \$20 concession

Lunch and tea provided

THIS IS AN INTRODUCTORY OFFER DISCOUNTED EXCLUSIVELY FOR THE VILLAGE
Scholarship and family concessions available on application

Bookings Essential: (08) 8556 6490

janesanderco@comstech.com

BOOKINGS ARE FINALISED AND CLOSED WITH PAYMENT BY FRIDAY 27th AUGUST

BE HEARD & UNDERSTOOD REGISTRATION FORM

Name: _____

Address: _____

Contact Details: _____ Email: _____

Payment:

- Cash
- Cheque (payable to Jane Sanderco, 1 Seaberry Walk, Aldinga 5173)