



Conscious Communication Workshops

Make way for healing and harmony
one conversation at a time...

**Host a communication workshop for your friends, family or colleagues,
fine-tune relational skills, experience ease and delight in your daily interactions!**

- Speak in a way that lets you be truly heard and understood
- Learn the art of deep listening – contribute to mutual well-being
- Build the joy of heartfelt connection into your daily interactions
- Get to the root of reactivity, make way for healthy dialogue
- Replace expectations with an understanding of mutual core needs
- Untangle mental loops that bring stress and suffering
- Establish and honour clear boundaries - so everyone benefits
- Find your cool in the midst of trying situations

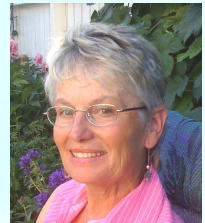
* Are you interested in a custom-designed workshop for the people you care about? *

For more information contact Barbara at **403-242-9747** or barbarawiebe@gmail.com.

Facilitator: Barbara C Wiebe, BEd, CPC

Barbara, Certified Life Coach and NVC Facilitator, is inspired by the time-tested process of Nonviolent Communication, NVC. Trained with the founder Dr. Marshall B. Rosenberg, Barbara offers workshops and coaching in the service of transforming ourselves, our relationships and the world we live in.

www.ConsciousCommunication.info



Previous workshop participants say:

“Your offering is so timely and cutting edge. The container you provide for this to occur is safe and inviting.” Dale M.

“This exploration has spoken deeply to my desire to transform my own consciousness and to enlarge and deepen my connection with others. I feel supported, heard, warmly connected, and open-hearted. I appreciate your skill and the safe container you offer.” Heather C.

“I am so appreciative and fortunate to have been introduced to this communication process by you. I am confident in my deeper understanding as a result of your rich, safe and structured groups.” Erin W.