



COMMUNICATION MAGIC

A workshop for building rich relationships

* Date - Time *

Would you like *magic* in your everyday relationships? Find out what it takes to feel heard, seen, and truly connected with your family, friends, and community. The facilitator, Barbara, trained in the approach of *Nonviolent Communication, NVC*, will present specific communication skills that are key to building quality relationships. Experience proven approaches to connection and collaboration, how to co-create results where everyone wins. To help meet everyone's needs, workshop activities will include individual work and interactive exercises.

This workshop is designed for you to:

- Be a more effective communicator
- Foster healthy relationships
- Understand feelings and needs
- Resolve conflict, argument, negativity
- Align your words with what really matters

When:

Where:

Cost:

Registration: Contact Barbara, barbarawiebe@gmail.com
Maximum 12 participants.

Facilitator: **Barbara C Wiebe**, BEd, CPC

www.ConsciousCommunication.info

Certified Life Coach and NVC Facilitator, Barbara blends her extensive training in Nonviolent Communication (NVC) with her dedication to mindfulness, yoga, and awakening - the inner journey of realizing wholeness and profound well-being. Barbara has been offering workshops and personal coaching since the 80's, grateful to accompany you in the work of transforming yourself, your relationships and the world you live in.



“The quality of our relationships determines the quality of our lives.” Esther Perel