



NVC PRACTICE GROUP

Inviting Communication Magic

A four-week intensive building rich relationships

* Saturdays, Oct 12th to Nov 2nd, 2:00-4:00 pm, 2019 *

Would you like more *magic* in your 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 quality relationships. Experience, practice and integrate proven approaches to connection and collaboration, how to co-create results where everyone wins. To help meet everyone's learning needs, this NVC practice group is focused on individual work and interactive exercises.

When: Saturdays, 2 – 4 pm, 2019

Where: 1627-41 Street SW, Calgary, AB

Registration: Contact Barbara, barbarawiebe@gmail.com
Maximum 12 participants. Prerequisite: Read Marshall Rosenberg's *Nonviolent Communication: A Language of Life*.

Cost: Sliding scale, \$20 to \$120, by e-transfer please.

Themes: October 12th – **Is NVC a 'language of life' for you?**
October 19th – **What blocks heartfelt connection?**
October 26th – **What is the magic in attuning to feelings and needs?**
November 2nd – **Why do we hunger for appreciation?**

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

www.ConsciousCommunication.info

Certified Life Coach, NVC Facilitator, mindfulness and yoga practitioner, Barbara blends her extensive training in Nonviolent Communication (NVC) with her long-time interest in relational approaches to trauma-healing. Barbara has been offering workshops and personal coaching since the 80's, bringing her passion to the journey of transforming ourselves, our relationships and the world we live in.



"Bringing about peaceful change begins with working on our own mindsets, on the way we view ourselves and others, on the way we get our needs met."

Marshall B. Rosenberg, founder of the Center for Nonviolent Communication