



"THE NATURE OF REALITY IS CONVERSATIONAL."
- DAVID WHYTE

Mindful Communication

Does this quote resonate with you, as it does with me? As I see it, when we stumble in our conversations, as we so often do, we are 'simply' not in sync with reality. Do you wonder how to come back into the vitality of the relational field, back in tune and in touch with our essence - and with each other?

This workshop is inspired by the time-tested process of Nonviolent Communication, which is helping thousands worldwide with proven principles and practices that help to build our capacity for empathy, authenticity and relational well-being.

Find out how to shift your conversations from struggle and strain to ease and flow. The 'sweet spot' is waiting for you!

**March 14, 2020 | 2-5 pm | \$50 + gst
with Barbara Wiebe**



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