

# Communication breakthrough for your personal, family and professional relationships



*Based on the work of Marshall Rosenberg and the Center for Nonviolent Communication, these workshops can improve communication and the quality of any relationship, be it personal, family, or professional.*

Practical and proven in daily life around the world, Nonviolent Communication is a reliable language for being heard, hearing others, clearly and confidently expressing our needs and dreams, and for working through conflict with compassion and success.

The power of the simple four-step process becomes evident as we integrate it to overcome a lifetime of habitual thinking and responses.

*The workshops will be co-facilitated by Michèle Favarger, certified CNVC Trainer in Nonviolent Communication and Karen Humber, independent facilitator.*

## Introductory Practice Group

**Duration:** Seven Wednesday evening sessions

**When:** October 12 to November 23, 2011 from 6:30 – 9:00pm

**Cost:** \$175 Cost discounted to \$150 if you register *and* pay by Sept.30

**Books:** Available from local bookstores or Michèle

All Sessions will be held in Duncan on Langtry Road

Want to know more? Contact: [Karen@RoundTableSolutions.ca](mailto:Karen@RoundTableSolutions.ca) or 250.746.5090