

“We need empathy to give empathy.”

—ROSENBERG 2015:103

Emergency first aid, Empathy for ourselves

Are you sometimes frustrated by the behaviour of others?

or

Do you find it hard to stay regulated when you are feeling strong emotions?

or

Do you find it difficult to feel compassion for others when you are in pain?

YOU WILL

- learn to recognise when you are needing self empathy;
- learn the language of empathy;
- empathise with yourself; &
- humanise the other

Come along to our professional development workshop, **Emergency First Aid, Empathy for ourselves**, introducing a needs-based approach to empathy. The course is tailored to Translators and Interpreters who want to manage themselves during difficult interactions. We can't control the other person(s) in the interactions, but we can control ourselves. You'll be introduced to the process of self connection within the framework of Nonviolent Communication (Rosenberg 2015) and get to observe it in action. Enjoy a fun and easy going experience, where you'll get a feel for self-regulation and how to meet the bad behaviour of others with compassion.

FOR MORE INFO & BOOKINGS

Phone +61 413 324 325

Email elizabeth@coaching2clarity.com



COACHING
TO CLARITY

WHEN

This is a 90 workshop, held on a Wednesday, **18 October**, 2023 from 3.30-5.00pm.

WHERE

online via Zoom, using interactive role play activities in pairs, groups and as a learning community.

COST

\$100 per person, with 15% early bird discount up to 7 days before the workshop start date.

FACILITATOR

Assoc. Prof. **Elizabeth A. Thomson**, SFHEA, PhD Adjunct, Faculty of Education, University of Wollongong;

Convenor, Special Interest Group in the Semiotics of Peace, Compassion and Empathy, Australian Systemic Functional Linguistics Association;

Director, Coaching to Clarity Group Pty Ltd

“The more faithfully you listen to the voice with you, the better you will hear what is happening outside” (Hammarkjold in Rosenberg 2015)