

“What I want in my life is a flow between myself and others based on a mutual giving from the heart”.

—ROSENBERG 2015:4

# Responding to hard-to-hear messages with honesty

Are you worried about how you sometimes don't really mean what you say?

Do you want say what you mean without blame or judgement?

## Come and join us. In this course, you will

- recognise and name your feelings and needs;
- express yourself using the 4 components of honest self expression;
- make 'do-able' requests for action, clarification and connection to meet your needs;
- sense into the regulating impact of receiving empathy

Come along to our professional development workshop, **Responding to hard-to-hear messages with honesty**, introducing a blame-free and judgement-free approach to saying what's important to you. The course is tailored to Translators and Interpreters who want to speak honestly in a way that will lead to understanding and the pleasure being heard, of being 'got' the way you want to be got.

## FOR MORE INFO & BOOKINGS

Phone +61 413 324 325

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COACHING  
TO CLARITY

## WHEN

This is a 90 workshop, held on a Wednesday, **1 November**, 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

'Emotional liberation involves stating clearly what we need in a way that communicates we are equally concerned that the needs of others be fulfilled. Rosenberg' (2015:60)