

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

—ROSENBERG

Practice Group in Compassionate Communication

by coaching2clarity.com

PRACTICE HOW TO

- Express evaluation free observations and feelings; needs and enjoyable requests
- Express yourself honestly
- Express self empathy
- Listen empathetically

Practice Group in Compassionate Communication offers graduates of the Foundation Course and the online Connecting Through Talk course series the opportunity to practice compassionate communication skills using our program of activities designed to support your continued learning and growth.

Meet online to connect with the principles of compassion through role play and language practice. Practice in a safe, supportive environment where making mistakes are celebrated as evidence of learning, and where you are free to feel and explore the different impacts of reactive versus responsive expression.

FOR MORE INFO & BOOKINGS

Phone +61 413 324 325

Email info@coaching2clarity.com



COACHING
TO CLARITY

WHEN

A 6 hour package of 4 x 1.5 hr sessions, run over 4 weeks on Tuesdays. See the website, www.coaching2clarity.com, for dates and times.

WHERE

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

COST

Student price: AUD \$60 per package of 4 classes

Early bird Adult: AUD\$80 before Nov 12

Adult: AUD\$120

FACILITATOR

Dr. Elizabeth Thomson

"I am deeply grateful for this Practice Group opportunity. It's literally changing my life in very positive ways, and I'm also grateful for Elizabeth's heroic efforts to impart the NVC skills and framework"