

2 Opportunities to Learn Non Violent Communication (NVC)



- ✓ For *greater connection* with your loved ones
- ✓ For more productivity and ease at work
- ✓ To learn how to stay *clear-headed* in conflict
- ✓ To break *patterns* of thinking that lead to arguments, anger, depression
- ✓ To be more *authentic* in your communications
- ✓ To create *greater peace* in all aspects of your life

A Taste of NVC Wine and Cheese Event

Friday, August 30, 2013
7:00 pm – 8:00 pm
Unity of Tallahassee
2850 Unity Lane
\$10 advanced purchase, \$15 at the door
<http://www.eventbrite.com/event/7473227625>

Want to get a little “Taste of” what Non Violent Communication tools can bring to your life and peace of mind? Bring your teenagers, friends, or a spouse for a great Friday night 1 hour session, then out to dinner for discussion!

The Communication Solution Weekend Intensive

Saturday, September 7, 2013
Sunday, September 8, 2013
9:00 am – 5:00 pm both days!
Abundance Wellness Center
325 John Knox Road, Bldg. T, Suite 1
*Special pricing for Taste of Attendees

An opportunity to dive into the process and change the way you resolve conflict, meet your needs, get heard and achieve greater peace and connection – all in a supportive, interactive environment. If not now...when?

We can't wait for you to join the NVC Community!

For registration, please contact the facilitator or visit her website:

Cindy Bigbie, Ph.D.
<http://www.cindybigbiephd.com/>
850-294-0058
OPI@tallynet.com

“This is a great workshop. I took it last summer, and it has continued to be a gift that keeps on giving. If you know of anyone ready for more peaceful communication in their day-to-day, this is a giant step in the right direction!” Kathy B.

