

The Communication Solution Intensive



This two-day intensive workshop will give you the *knowledge and experience* with **Non Violent Communication (NVC)** process building blocks. Individuals with none to any level of NVC backgrounds are welcome!

Why Non Violent Communication?

- ✓ 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

Saturday, June 22, 2013

Sunday, June 23, 2013

9:00 am – 5:00 pm both days!

This intensive weekend package is only \$200.00 – including not only the 16 hour weekend, but **two** weekly practice sessions in the month immediately following the weekend, *and* an individually scheduled **one-on-one coaching session** with the instructor.

Join your classmates at:

Abundance Wellness Center
325 John Knox Road, Bldg. T. Suite 1
Tallahassee, FL 32303

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.



Cindy Bigbie, Ph.D.

It's All About ♥ *Connection*

