

*Designed to empower effective dialogue
for those with challenged
life circumstances*

EMPOWERMENT THROUGH DIALOGUE

FREE Two Day Workshop
28 - 29 November

Time:

Saturday - 12pm to 8pm

Sunday - 10am to 6pm

Where:

Next Step Gym

14b Hocking Street, Tauranga



**Life⁺
plus**

nextSTEP
NEW ZEALAND

REGISTER NOW! 0221925410
WWW.RESTORATIVERELATIONSHIPS.CO.NZ

EMPOWERMENT THROUGH DIALOGUE

(Fully Sponsored by Life Plus, Venue donated by Next Step Gym)

- Are you longing to be understood for your true intentions?
 - Would you love it to be easy to ask for what you want?
- Would like to feel more articulate and confident when making requests?
 - Would you love to learn how to create empowering partnerships?
 - Do you want to have ease in navigating conflict

This two day fun and engaging workshop with the easy going crew, Counsellor, Mediator and Nonviolent Communication (NVC) facilitator Toni McErlane, Tim Alexander, Spinal Disabled , Ayurvedic life-styler, WellPark School of Natural Therapy Yoga Graduate, Co-Counselling Practitioner and Karen Waddicor, Yoga therapist, Mum, and disability carer.

The workshop philosophy is based on the principles of NVC and Mindfulness to support clarity, self-understanding, perspective, growth, and empowering communication.

Register online at www.restorativerelationships.co.nz

Workshop Cost: FREE

(\$50 refundable* registration fee to secure your place in the workshop.)

Contact for more info: Tim Alexander on 0221925410

WORKSHOP DETAILS:

Course text and notes will be provided. Each day will includes snacks, teas and meals.



Dates:

28th and 29th
November 2020



Time:

Sat 12pm to 8pm Sun
10am to 6pm



Venue:

Next Step Gym, 14b
Hocking St, Tauranga

*This fee will be refunded on completion of workshop (or if unable to attend due to severe circumstances)