

# Deepening into Empathy

A 4 day workshop based on the principles of NVC  
Nonviolent Communication.



## The Workshop

This workshop is based on the work of Marshall Rosenberg, Robert Gonzales and Stephen Schwartz. It combines this work with our own style of this Deepening Work that have been developing from working with people and sharing NVC over the past 12 years.

We will be exploring how to deepen our experience into the Beauty of the Needs and begin an inner transformation that allows us to move through blocks and challenges that prevent us from living the life we truly desire.

You will discover how to

- *Transform the pain of unmet needs into the beauty of the needs*
- *Transform your relationship with self and others*
- *Deeply embody the skills of giving & receiving empathy*
- *Connect more deeply to your own needs*
- *Experience more connection, creativity and flow*

**When:** 20th to 23rd May 2021

**Where:** 64A Shetland Road, Glen Eden, Auckland

**Time:** 9am to 5pm all days

**Investment:** \$600 per person. Earlybird \$550 if paid before 20th April 2021

**To Register:** [wayne@meditatinggiraffe.co.nz](mailto:wayne@meditatinggiraffe.co.nz) or 0272379657

**Payment:** The Meditating Giraffe LTD  
02-0110-0058043-00 BNZ

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[www.meditatinggiraffe.co.nz](http://www.meditatinggiraffe.co.nz)

