



NONVIOLENT COMMUNICATION - Intimate Relationships

Stop being nice, be real !

How to be honest in a way that brings connection?

How to create and maintain a true connection with the people we love?

A workshop dedicated to you and the people you love (partner, family, friends):

"Connecting in Intimate Relationships"

Weekend workshop in 'Nonviolent Communication'

With CNVC certified trainer Yoram Mosenzon

NVC is a practical communication tool that radically transforms the way you speak and think. NVC cultivates powerful assertive honest communication mixed with a deep quality of listening. NVC transforms conflicts into a deep quality of understanding and connection with your surroundings:

- How to be honest but not judgmental?
- How to ask and stand for what you want, without demanding nor pressuring?
- How to say 'No' without hurting others? How to hear 'No' without getting hurt?
- How to enjoy (!) anger, hurt and frustrations?
- How to transform guilt, shame and obligations?
- How to find balance between freedom and commitment?
- How to connect with each other's hearts, even in situations of conflict?

In an interactive and safe learning environment, we will be invited to work on examples from our own life. We will practice NVC through demonstrations, role plays and exercises to integrate NVC in our day-to-day life.

About Yoram Mosenzon:

CNVC certified trainer, coach and a mediator, Yoram was a dancer/choreographer when he came across *NVC* 12 years ago. 4 years ago, he decided to stop all his artistic

activities in order to dedicate his time and energy fully to sharing *NVC*. Yoram is now

teaching *NVC* internationally to the general public, teachers in schools, university, parents, businesses and teams. He is teaching in The Netherlands, France, Israel, Belgium, Poland, Reunion Islands, Italy and other countries.

When: 22-23 March 2014 at 10am – 6pm

Where: Iyengar Yoga Haarlem, Assendelverstraat 34, 2013 SK, Haarlem

Fee: 150-300€ (Choice depending on income and free will)

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