

Want to speak clearly, frankly & kindly? Fed up with criticism & blame? Learn to build relationships based on understanding; speak up for your values; listen fully when conflict arises; tackle tricky conversations with confidence; loosen thinking that sparks anger & guilt; celebrate what's going well & feel more alive.

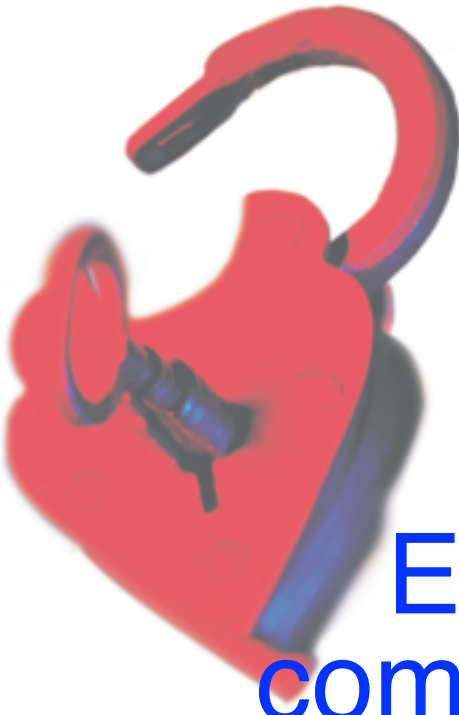
The weekend offers effective communication skills – drawing on real-life examples. Expect insights, challenge & fun.

Led by
Vajrasara Rankin

Sat 24: 10.30–5.30
Sun 25: 10–4pm

At Pure Moves in Frome, Somerset.
Price £130.
(A few concs on a first-come basis.)

24 & 25 FEBRUARY



**A Foundation workshop in
Nonviolent Communication
Led by Vajrasara Rankin, an
experienced, certified NVC trainer**

**Bookings:
vajrasara@gmail.com
01373 463217**

**Empowering
communication**