



5 & 6 OCTOBER 2019

COMMUNICATE WITH COMPASSION

Our “basics” course will combine practical exercises, theory, and real life situations to empower you to

- connect to yourself to enable effective requests
- respond to another with curiosity rather than see them as an "enemy", "difficult person" etc
- move out of reactivity and blame
- more easily connect with the needs of others - family members, flatmates, workmates
- enhance listening capacity and
- create the sort of connection that leads to creative solutions to meet everyone's needs

Based on the work of Marshall Rosenberg
Founder of the Centre for Non-Violent Communication

To register, click this link [Register](#)

Bodyvoice Alive
23 Joyce Cres
Ilam

Sat 5 Oct 9:30 – 5
Sun 6 Oct 9:30 - 5

Your Teachers:
Jim Lovell-Smith
& Valerie Wycoff

Cost \$180 to \$280

Places limited

Book by 28 Sept

Stop playing
“Who’s right” and
enjoy connecting
like never before

For details contact:
jim@bodyvoicealive.nz

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021 135 2130

Jim Lovell-Smith

My interest in Nonviolent Communication (NVC) was sparked at an Introductory Workshop led by Paxe Archer in 2008. I have been passionate about learning and practising NVC or Compassionate Communication ever since. Since 2008 I have participated in study groups, led and attended practice groups, and attended several advanced courses and retreats.

I feel lucky that I could attend an IIT (International Intensive Training in NVC) in Albuquerque in 2010, where I got the chance to meet Marshall Rosenberg. I had an astonishing heart warming experience there, role playing my late father saying the words “I love you, Jim”.

My wife Valerie and I have participated in 6 retreats with international NVC Trainer Robert Gonzales and in 2017 we took part in an IIT in Bali. We feel grateful for these opportunities to experience an NVC community with all its richness and to be inspired to teach more ourselves. We offer an NVC practice group at our home on a regular basis.

We have been married for over 40 years and we’ve appreciated the opportunities to grow our “empathy capacity” and to become more resourceful in conflicts and in coming to agreements. While we wish we’d been aware of NVC when our two children were small, we value the way our learnings have helped us connect with our adult children, and feel we are better equipped as grandparents.

Valerie Wycoff

“Rejected is not a feeling – it’s a story about what happened.” Those words which introduced to me Marshall Rosenberg’s work and contrasted feeling and thinking, enticed me to look out for a chance to learn NVC or Compassionate Communication.

Some of the teachers who we have learned from include Robert Gonzales, Miki Kashtan, Robert Kržišnik, Kathy Simon, and Kelly Bryson. We have learned much from others in NZ including Meagan Rutherford, Phil Toms, and our first teacher Paxe Archer. My learnings have helped me in my relationships with family and others, and just as importantly to be kinder, more honest and more caring with myself.

I am a “people person” and I love to support others to be life-long learners, to change habits, and to be more compassionate with their self-talk. While I came to nonviolent communication to improve my relationships with others, a precious gift of continuing to practice NVC has been learning to accept myself.