

What happens during our communication?
How many times an attempt to communicate left you frustrated or hurt?
What is the source of all conflicts and misunderstandings, and how can we do it differently?

"Communication- Introduction evening"

Based on "*Nonviolent Communication*" (NVC)

NVC is a simple and extremely powerful practical and effective tool to improve our communication skills and our relationships. With practice, *NVC* is a revolutionary model to foster consciousness-transformation, spiritual and a social change.

How to be fully honest but not judgmental?
How to communicate, even with those who are not open to receive?
How to stand for your needs without stepping on others?

During this evening, we will be introduced to "Nonviolent Communication"- The learning is experiential- Participants will be invited to work with real examples from their life- we will get the opportunity to practice and see how *NVC* propose to resolve conflicts, misunderstandings and pain, and create relationship based on Radical Honesty and Empathy.

Yoram Mosenzon, born in Israel, and at the age of 24 moved to Holland to pursuit his dance/acting career. 8 years later he decided to leave behind all his artistic activities, in order to dedicate his full time and energy to sharing "*Nonviolent Communication*". Doing this gives him hope in actually create and live in a world he enjoys living.

When: Tuesday September 28, 20:00-22:30

where: House of Sofie, Apollovlinder 57, Bilthoven

Price: voluntary donation

Registration- sofiebakker@live.nl

More information: <http://www.connecting2life.net/>