

Intro to Compassionate Communication

Bali Gardens Matakana

 17 Saturday 22 February 2026, 10am-4pm

 292 Point Wells Road, Point Wells

Nurturing Lunch Provided

Are you longing for more autonomy over your emotions, less resentment, and an ability to authentically connect with yourself and others?

Building the courage to explore and express and generate authentic connection? Then this could be for you!

NVC advocates radical self-responsibility for what we are experiencing at any given moment. It offers a simple yet effective framework to bring awareness to what we are thinking, saying, doing, and how we are listening, so we can connect and communicate with more clarity and compassion.

Rather than judging, blaming, or criticizing, we start on neutral common ground to share what's important to us, and connect on an empathetic level with others by tuning in to what they want and what's important to them. This will change your life! An investment in yourself, your relationships, and your future.

Investment for the day \$222

Additional Information

Lunch is provided, as nourishing mind, body + soul matters. You'll be deeply nurtured by my organic goodies and home cooking, and my bestie will share with us "Wildly treats". Feel free to bring a salad from your garden to share for lunch, and honestly, no pressure, we will not go hungry.

Reserve your spot

Please do not hesitate to contact me with any questions. Please email me to confirm at susie@wisecommunication.nz with your ph number. Payment reserves your space. I look forward to seeing you in February.

wisecommunication.co.nz

**In the middle of difficulty
lies opportunity**

EMPATHY
with **Susie Spiller**

To make payment, please bank transfer to: Wise Communication
03-0156-0020008-00
If you have any queries, please contact Susie at
susie@wisecommunication.nz

