

*Designed to empower effective dialogue  
for those with challenged  
life circumstances*

# EMPOWERMENT THROUGH DIALOGUE

FREE Two Day Workshop  
**28 - 29 November**

**Time:**

Saturday - 12pm to 8pm

Sunday - 10am to 6pm

**Where:**

Next Step Gym

14b Hocking Street, Tauranga



Life<sup>+</sup>  
plus

next  STEP  
NEW ZEALAND

REGISTER NOW! 0221925410  
[WWW.RESTORATIVERELATIONSHIPS.CO.NZ](http://WWW.RESTORATIVERELATIONSHIPS.CO.NZ)

# EMPOWERMENT THROUGH DIALOGUE

(Fully Sponsored by Life Plus, Venue donated by Next Step Gym)

- Are you longing to be understood for your true intentions?
  - Would you love it to be easy to ask for what you want?
- Would like to feel more articulate and confident when making requests?
  - Would you love to learn how to create empowering partnerships?
    - Do you want to have ease in navigating conflict

This two day fun and engaging workshop with the easy going crew, Counsellor, Mediator and Nonviolent Communication (NVC) facilitator Toni McErlane, Tim Alexander, Spinal Disabled , Ayurvedic life-styler, WellPark School of Natural Therapy Yoga Graduate, Co-Counselling Practitioner and Karen Waddicor, Yoga therapist, Mum, and disability carer.

The workshop philosophy is based on the principles of NVC and Mindfulness to support clarity, self-understanding, perspective, growth, and empowering communication.

**Register online at [www.restorativerelationships.co.nz](http://www.restorativerelationships.co.nz)**

**Workshop Cost: FREE**

(\$50 refundable\* registration fee to secure your place in the workshop.)

Contact for more info: Tim Alexander on 0221925410

## WORKSHOP DETAILS:

Course text and notes will be provided. Each day will includes snacks, teas and meals.



**Dates:**

28th and 29th  
November 2020



**Time:**

Sat 12pm to 8pm Sun  
10am to 6pm



**Venue:**

Next Step Gym, 14b  
Hocking St, Tauranga

\*This fee will be refunded on completion of workshop (or if unable to attend due to severe circumstances)