



Joy of Life Connection

Let Your Happiness Grow

Communication Skills for Increasing Happiness

Imagine communicating effectively and compassionately -

- to achieve deeper levels of intimate connection
- to keep a connection real and alive
- to confidently express yourself

Learn how to more easily -

- resolve conflict situations
- create win-win outcomes where everybody's needs are met
- make life more wonderful



This two day workshop will empower you to bring about desired changes in your life. It will bring crucial awareness to your choices and practise new ways to listen and connect. It will help you bring a new vibrancy, joy and peace into your life.

In this workshop you will learn how to do this through:

- Listening with empathy and avoiding disconnecting language.
- Awareness and ability to connect with what is really going on inside you and others.
- Ability to express yourself with authenticity, asking for what is important to you.
- Freeing yourself from automatic responses, i.e. reacting.
- Improve conflict management and negotiation skills.

You will learn much more, and in essence it is a key life skill and a doorway to a new and much easier way to relate to other people in all areas of your life.

Other workshops focus on (see more on our website):

The Living Energy of Needs - Listening with your Heart and being Heard to the depth of your Soul

Empowered Parenting - From Conflict to Connection, Respect and Cooperation

Intimate Relationships

Expressing and Receiving Anger Safely

Conflict Resolution



Carsten Sundby Nielsen

Your trainer is passionate about sharing Compassionate Communication as a basic life skill that enhances the quality of everyday life.

"My aim is to increase happiness in the world. CC has given me the tools and experience to assist others achieve life changing insights. Compassionate Communication enhances mutual understanding and peaceful supportive relationships."

For more information incl. pricing and booking

www.joyoflifeconnection.info or call 07 5315 5445