



Joy of Life Connection

Let Your Happiness Grow

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

When you listen with your heart, you hear the soul. Experience the joy of living in the awareness of the beauty of your own needs and the needs of others. This workshop is focused on the **spiritual dimension** of **Compassionate Communication**, how we relate to our selves, to life and to each other.

- Live the truth of who you are in your relationships with others
- Let your heart open to transformation of emotional pain
- Experience the Living Energy of Needs

Learn how to more easily -

- Follow your life energy as a unique guide to living the life you were meant to – following your path
- Listen to others from your heart and appreciate the life energy we all share
- Communicate authentically in all ways



You will learn a way to relate to yourself, life and others, which creates connection and meaningful interactions. You will learn how to stay in awareness of your core life energy and the joy and life force flowing from this source. The workshop is based on **Robert Gonzales' "The Beauty of the Needs"** and **"The Living Energy of Needs"**.

"What inspires me the most with Compassionate Communication is the beauty in people's eyes as they transform emotional suffering into joy, freedom, and compassion. I see Compassionate Communication as a way to bring compassionate living energy into life." - Robert Gonzales

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

CC Foundation Training - Giving you the skills to achieve deeper levels of intimate connection, confidently express yourself, ask for what you need and in other ways make life more wonderful.

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 and people skill that increases the quality of everyday life.

"My aim is to contribute to happiness in the world. CC has given me many tools and valuable experience, to enable me to assist others towards life changing insights and ways of communicating that enhance understanding and peaceful supportive relationships."

For more information incl. pricing and booking

www.joyoflifeconnection.info or call 07 5315 5445