



# Joy of Life Connection

*Put a Smile on Your Face*

## Enrich Your Life! With Compassionate Communication

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 a Compassionate Communication **Foundation Training** 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.



### **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 enable me to assist others achieve life changing insights. Compassionate Communication enhances mutual understanding and peaceful supportive relationships."*

|                        |   |            |
|------------------------|---|------------|
| <b>Next workshops:</b> | Compassionate Communication Foundation Training       | 1-2 May    |
|                        | Listening from your Heart, Hearing the Soul*          | 29-30 May  |
|                        | The Art of Conscious Relating (one day, half price)** | 13 June    |
|                        | Intimate Relationships**                              | 26-27 June |

All workshops held at **Bellbunya Retreat and Conference Centre** near Eumundi

Early bird until 4 weeks before workshop \$150 (\$120 conc), full price \$200 (\$150 conc).

For each friend you bring get \$30 off.

For more information or to book your seat visit

**[www.joyoflifeconnection.info](http://www.joyoflifeconnection.info) or Freecall 1800 425 233**

\* and \*\*: Prior participation in a Compassionate Communication Foundation Training or similar experience required (\*) or recommended (\*\*)