

# AWAKENING THE POWER OF EMPATHY

## COMPASSIONATE COMMUNICATION IN PRACTICE



### Three-Day Foundational Workshop

Friday, May 29<sup>th</sup>, 7–9 pm (Open to Public \$20)

Saturday & Sunday, May 30<sup>th</sup> & 31<sup>st</sup>, 9–5 pm



Presented by  
JOHN CUNNINGHAM

### Compassionate Communication Empowers Us

- ∞ to speak our truth directly without making others “wrong.”
- ∞ To express what matters, such that we’re most likely to be heard & understood.
- ∞ To recognize blame, judgment and criticism as the “tragic expressions of unmet needs.”
- ∞ To give others the understanding they are seeking through empathic listening.
- ∞ To address conflict with an open heart without giving in, or giving up.

John has been a Waldorf/Steiner Educator since 1986 and a certified trainer in Nonviolent Communication since 2000. For those seeking to develop the power of empathy and live out of a new social imagination, this training provides practical, life-changing practices. John’s trainings are filled with laughter, an elder’s wisdom, and a real experience of soulful inter-presence.

To learn more about John’s work, visit his website at [www.empathy-conexus.com](http://www.empathy-conexus.com).

Venue: The Michael Centre  
Wellington Park Drive  
Warranwood, Victoria

Fees: \$290 (\$245 concession)

Lunch: Bring your lunch to share.

For enquiries & registration, contact:

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