

Learn Compassionate Communication

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

- Victor Frankl

Skill Building Training & Workshops

Create the satisfying personal and professional relationships you've always wanted with *Nonviolent Communication (NVC)*

- ✓ *Discover simple tools to defuse conflict*
 - ✓ *Transform habits of blame, anger and defensiveness*
 - ✓ *Inspire co-operation, collaboration and trust*
 - ✓ *Cultivate respect and harmony, without compromising your values*
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ALEXANDRA NORMAN

is an Internationally Certified Trainer, living on the Central Coast of Australia. She co-creates bespoke events, and offers workshops, trainings, private coaching and online practice groups and support.



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What participants say:

*"Illuminating and practical!
A fresh new way to look at
everyday situations"*

*"Alexandra is a very
entertaining and engaging
facilitator, the weekend was
so much fun!"*

*"NVC is the missing link in my
work as a counsellor and
family therapist"*

*"The skills I've learnt and the
self awareness I've gained are
priceless"*