

Empower Words

Compassionate Communication

Guest Speaker: Cate Crombie

Cate has been a facilitator of Interpersonal Communication courses for over 30 years. She is passionate about Non-Violent Communication as a revolutionary approach to having happy, healthy and heartfelt relationships



Often how we talk to ourselves can have some self-blame and even some self-criticism. This way of thinking and speaking can spill over into our other relationships with our partners, family, friends and children.

Compassionate Communication shows us how to stay cool, calm and care for ourselves even in the heat of the moment when we are upset.

**Join us at Lotus Place
10am on the 13th August**



Lotus place