

# NAVIGATING THE INNER DIALOGUE

THE VOYAGE FROM FREEDOM TO LOVE



PRESENTED BY

## JOHN CUNNINGHAM

John is funny, serious, playful, honest & most of all, empowering. He creates safe spaces, models his words, & teaches through activity & interaction. He's an American **STEINER** teacher since 1986, a trainer in **COMPASSIONATE COMMUNICATION** since 2000, & a father/elder who's been parenting for 34 years. See website:

[WWW.EMPATHY-CONEXUS.COM](http://WWW.EMPATHY-CONEXUS.COM)

**PARENTING/TEACHING** can, at times, feel like a slippery deck on the rolling seas as we navigate the challenges our children & others bring. At those times, we long to stay on course...from the **HEART**.

**SELF-EMPATHY** is a simple, inner practice that guides us through the squalls that blow us off course.

**SELF-EMPATHY** anchors us in our needs & values. It enables us to be fully present for our children and each other. It frees our **LOVE**.

DISCOVER HOW **SELF-EMPATHY** CAN BRING CLARITY, PEACE & JOY INTO YOUR PARENTING LIFE, INTO YOUR TEACHING. ONBOARD WE WILL WONDER, SEEK & **PLAY**.

### WHEN:

Friday – 30 July, 7-9 pm

Sat/Sun – 31/1 Jul/Aug, 9-5/4 pm

### WHERE:

Christchurch Steiner School

19 Ombersley Tce, Christchurch

### ENQUIRIES:

Mareile Stoppel ph: 3293299

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### BOOKINGS:

Chch Steiner Sch Office ph: 3370514

### FEES:

\$130 (til 02/07); then \$160 (lunch incl.)