

NAVIGATING THE INNER DIALOGUE

THE VOYAGE FROM FREEDOM TO LOVE



PARENTING/TEACHING can, at times, feel like a slippery deck on the rolling seas as we navigate the challenges our children 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. enables us to be fully present for our children. It frees our **LOVE**.

JOIN US & SEE HOW **SELF-EMPATHY** CAN BRING CLARITY, PEACE & JOY INTO YOUR PARENTING/TEACHING PATH. IN THIS TRAINING, WE WILL WONDER, SEEK & **PLAY**.

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 Waldorf teacher (24 yrs), a master trainer in Nonviolent Communication (10 yrs), & an elder who's been parenting for 34 years.

[www.empathy-conexus.com]

WHEN:

Saturday – 24 July, 9-5 pm
Sunday – 25 July, 9-4 pm

WHERE:

The Hall at Riverside Community
Inland Hwy., Lower Motuere

FEES:

\$100-150
(sliding scale)

ENQUIRIES & BOOKINGS:

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