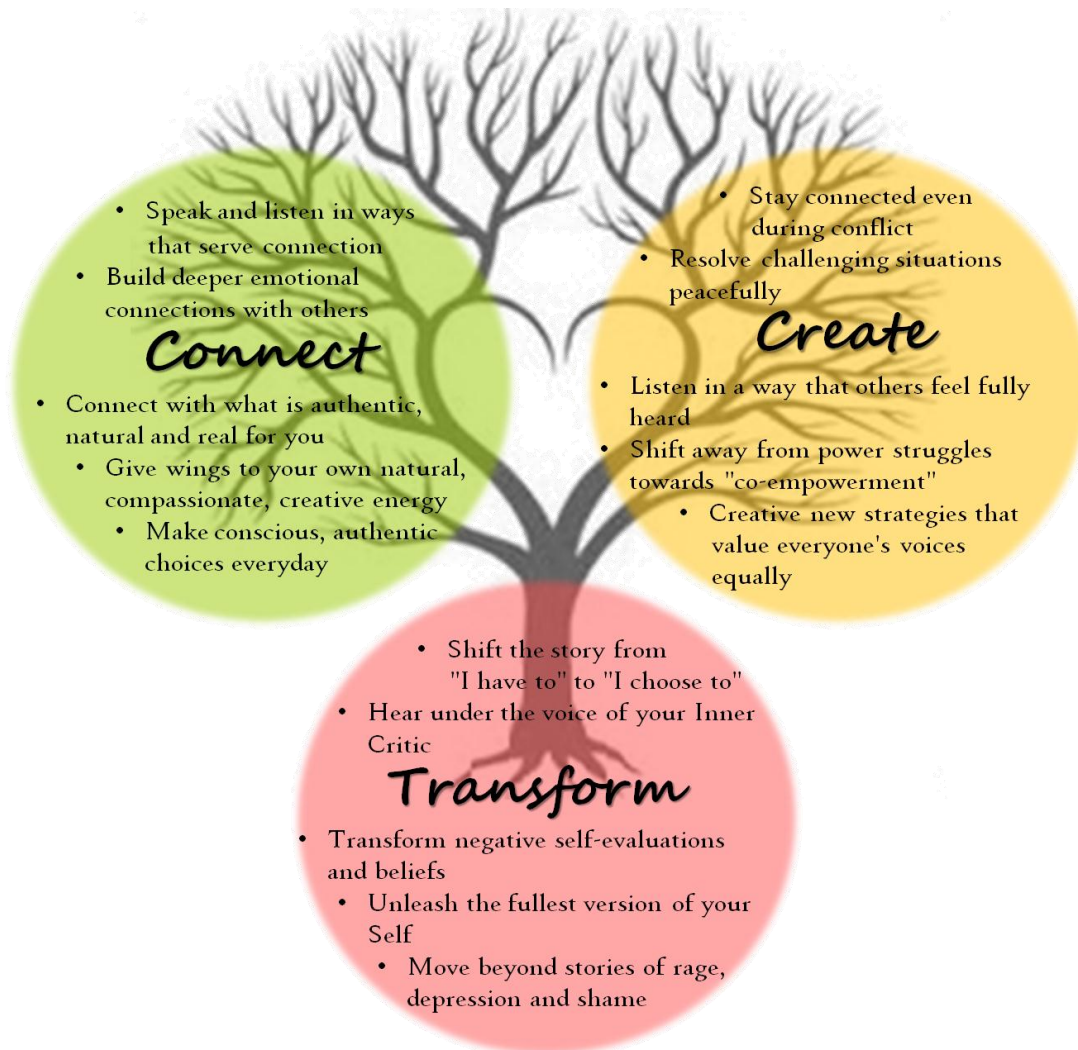


Workshops on Compassionate Communication



enCOMPASSion's Workshops on Compassionate Communication are designed for individuals, families and small groups. While these workshops are based firmly on the principles of Compassionate Communication, they are also informed by other modalities, including Focusing and sublimewe. The trainings aim at channeling the inherent wisdom within each person and each group, **connecting** with core needs and values, to unleash natural, powerful **creative** and **transformative** energies.

Thus, the workshops can be modified and moulded according to the needs of the group, and offer a combination of basic to advanced level exercises based on themes including Empathy and Listening, Self-Empathy and Self-Connection, Healing of Old Pains, Transforming Negative Beliefs and Life-Alienating Habits, Living with the Fullness of One's Being and Living through Choice rather than Compulsion.

Please get in touch to find out more!

