



Mindful Communication at Work

Good communication is essential to build and repair relationships in any team.

This taster workshop draws on Mindfulness, Non-Violent Communication and Restorative Practice. Learn how to:

- listen with awareness, clarity and empathy to increase inclusive management practice
- communicate authentically in difficult situations, using NVC and Restorative Practice techniques
- be present in silence – knowing when to speak and listen effectively

Date: Thurs 7th March 2019, 12–2pm

Cost: £35 incl VAT

To book a place please contact
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01603 432457