

NVC workshop focused on 'The art of making Requests':

# “Ask for the moon”

With CNVC certified trainer Yoram Mosenzon (Israel/Netherlands)

11-13 April (Friday 18:00-Sunday 17:00)

Antwerp, Belgium

## **The art of making Requests is an art of living:**

- ⌘ Do you find it hard sometimes to know what you want?
- ⌘ Do you experience a challenge to stand for your needs and assertively make requests?
- ⌘ Are you afraid to hear “NO”?
- ⌘ Do you want to initiate dialogues that go directly to the heart of the matter?

Life is too short to not go for what you really want!

## **In this workshop we will touch themes such as:**

→ The Art of making Requests:

The difference between a request and demand

The 3 Principles for powerful requests

The 3 sorts of requests

→ Working with Fear- what prevents you from 'going for it':

How to meet fears compassionately?

How to hold and meet fears in a way that it is not preventing from doing?

→ How to hear and express 'NO' (and stay alive)

**When:** 11-12-13 April 2014 (starting on Friday 18.00-20.30, Saturday 10.00-18.00, Sunday 10.00-17.00)

**Where:** GEMMA, Centrum voor Bewuste Communicatie  
Arendstraat 40, 2018 Antwerpen  
[www.gemma.be](http://www.gemma.be)

**Contribution:** choice between 160-320€ (Depending on income and free will)

**Registration:** [lore.verdin@gmail.com](mailto:lore.verdin@gmail.com)

**More info about Yoram:** [www.connecting2life.net](http://www.connecting2life.net)