

Clean Communication



Incorporating the principles of Non-Violent Communication (NVC)

Wouldn't it be fun to...

- Never hear another insult or criticism?
- Fully connect with key people in your life, including family, children, friends and colleagues?
- Always express your needs and intentions clearly?
- Never give anyone the power to make you conform or rebel?
- Resolve long-standing conflicts in a few simple steps?
- Face confrontations without anger, fear, guilt or shame?
- Learn a life-enriching language that makes natural giving possible?
- Be able to use that language even when other people don't recognise it and don't understand it?



Building on his brief taster-Quest talk, Tom Sedge is running an in-depth two day practical course for The Quest Institute at Regent's College on **Saturday June 28th & Sunday June 29th 2008.**

Tom will share with you many fascinating insights and applications of Clean Communication, demonstrating how you can immediately use these tools with confidence and also how they apply within the Quest model and in therapeutic practice. There will be plenty of time spent in practical exercises to build skills and find word forms that suit you.

You'll also learn how to...

- Express gratitude without addicting people to rewards.
- Move beyond using carrot-and-stick motivators with your family, children, friends and colleagues to something much more effective.
- Enjoy bad interactions with people and then be able to improve them.
- Express your pain without hurting or triggering others.

Clean Communication is also a great way to release negative emotions, and as Dr. David Hamilton explained at QuestFest, this is a key factor in good health and fitness.

Places are strictly limited to 20 people, so don't delay in making your booking. We look forward to you joining us there for another fab weekend.



Registration for the Clean Communication Course 2008

Please reserve a seat for me on the forthcoming course:

Name: _____

Address: _____

Post code: _____

Email: _____

Telephone number _____

Signed: _____

Which Quest course did you attend?: _____

I enclose a cheque for £188 inc VAT made payable to TQI Ltd.

The Quest Institute, Old Ness farm, Ness Road, Burwell, Cambs. CB25 0DB

Please tick here if you require a receipt