

Authentic COMMUNICATION

New
Coaching
Groups
Starting

Cultivating conscious connection with ourselves and others

LOCATION

Meadow Wind Institute
100 Gray Rd. Falmouth
Maine 04105

Most of us are hungry for solutions that can improve the quality of our relationships, lighten our struggles at work, and increase our experience of fulfillment in life.

AUTHENTIC COMMUNICATION GROUPS are facilitated by coach and trainer Andrea Ferrante, and are uniquely designed to open you up to an approach to living that offers greater peace, personal empowerment, and conscious connection to that which sustains and enriches life.

ONGOING

Monday Evenings
next group October 12th
Every other week from
6:15-8:15pm

OR

ONGOING

Wednesday Evenings
next group October 7th
Every other week from
6:00-8:00pm

YOU WILL LEARN TO:

- Cultivate more connection and closeness with yourself and others
- Learn to speak in a way that opens more heart centered dialogue
- Resolve difficult issues and get to the essence of your truth
- Translate criticism and judgements into life serving communication
- Find a way to live with less blame and more solutions
- Learn to embody empathy and be present unconditionally
- Shift unproductive patterns of thought

Marshall Rosenberg's book, *Nonviolent Communication: A Language of Life*, is required reading and the basis for the group consciousness. Processes, practices, and teaching that open your heart and help you say **YES** to a more wonderful life is the focus of these groups.

INVESTMENT

\$30.00 per group
3 month minimum
commitment

TO REGISTER call Andrea today at (207) 939-1124 or
email Andrea@AndreaFerrante.com

ANDREA FERRANTE

COACHING



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