

10 Commandments For Successful Communication

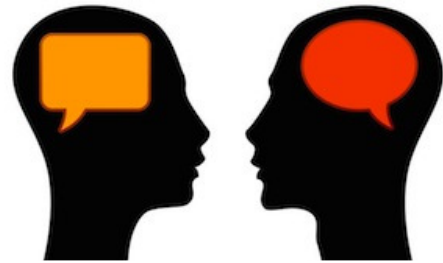
In this workshop, I will be sharing the tools to create positive relationships. When we are honest with ourselves, in the silent moments, we recognize that life without positive relationships is empty, cold, and desert-like. If you want your life to be rich, enjoyable, and passionate, you need to cultivate your relationships. This yields the highest emotional return. One of the most important elements in cultivating positive relationships is **communication**.

This Workshop Will Cover:

1. Commit to creating a successful dialog
2. Be with your reactions.
3. Right time right place
4. Speak using the four magic I's
5. Learn to mirror
6. Invite your partner to share
7. Show appreciation
8. Let go of the need to be right
9. Learn to negotiate
10. Be open to new possibilities



Nomi Bachar is a counselor, self-healing, and self-actualization, expert



When: Sunday, October 20th,
10:00 am -12:30 pm
Where: Ananda Ashram

**White Cedar Institute For
Expanded Living**



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