

# Communicating with Compassion and Clarity

LUCY DRAPER-CLARKE & FELICITY JOAN HART

This is a course for everyone who yearns to communicate in ways that build connection. It will also help those of you who wish to heal from painful past experiences. When interacting with others, you may have found yourself triggered and then spoken and acted in ways that caused hurt or harm – to yourself, the other, or the relationship between you. This Compassionate Communication course draws on the principles of non-violent communication as developed by Dr Marshall Rosenberg. Coupled with the powerful practices of mindfulness and compassion, you will learn skills to address these very human challenges. The audio course contains 10 sessions, each of which is 15 minutes in length, combining instruction and a meditation practice.

Price: R450.

<https://www.lucydraperclarke.com/product-page/communicating-with-compassion-and-clarity>