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News Release

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Learning a Different Way to Communicate

Vancouver, British Columbia – Communicating should be simple. Say what’s on your mind; listen to the other person. So why can it be such a challenge? On August 24th and 25th at the Communication Toolkit and Relationship Toolkit at The Vancouver School of Theology at UBC, Linda Nicholls will be exploring that challenge, and offering attendees a new set of tools to handle communication and strengthen their relationships.

How do our best intentions get caught up in spiralling misunderstandings, and more importantly what can we do about it? With the right tools, we can defuse these situations, and even avoid them altogether. This can open up an entirely new channel of understanding with the people we know.

What makes the Toolkits Programs offered by The Haven, based on Gabriola Island, different is the idea that we can avoid (or at least minimize, they don’t claim to be able to solve all communication problems) these issues by first and foremost understanding ourselves.

“Personal responsibility is an important part of the communication process.” Says Linda Nicholls who leads both sessions. Nicholls adds “If we are honest with ourselves about what is our true purpose of our communication, we begin to be clearer in our communication and we start to get back the information that we are seeking.”

The Toolkits follow the wildly successful Haven Communication Model that has been taught at The Haven on Gabriola Island since 1983. This model is just one part of The Haven’s core programs founded on the principles of self responsibility, taking more charge of the self with freedom to grow and become more of who you were meant to be.

Visit www.haven.ca/toolkits for more information and to register.

Since 1983, The Haven has offered experiential programs for personal and professional growth and development, emphasizing self-responsibility, effective communication, healthy relationships, creative expression and integration of body-mind-spirit. Haven programs help people live their lives more fully and with deeper awareness of themselves and others. A not for profit charitable organization, The Haven is located on Gabriola Island, BC, Canada.

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