



## **Finding Peace and Presence in Uncertain Times**

Tuesday December 8th 7-9.30pm GMT online

We are living in uncertain times. With worry about the future and the potential to blame ourselves and others for past decisions it can be difficult to stay present. Past hurts and futures worries can get in the way of connecting with needs that are alive right now that we do have power to take action about. Or needs that we might not even notice are actually met right now even if we have worries for the future.

Connecting and grounding in the now allows us to connect with ourselves and others and find some peace and stillness even amongst uncertainty.

During the session we will focus on our experience of being alive right now. There will be space for empathy for past hurts and future worries, and gentle guidance to connect with your needs in the present.

Pre-requisite: a minimum of 2 days training in NVC.

Financial Contribution: £15-£50

Register here now: <https://forms.gle/9Cs5EM3DXWzPueBX8>

Please remember that when you make a financial contribution you are supporting my sustainability and for me to continue to offer this work. Please pay the highest amount you can.

Deposits are non-refundable to cover administration costs.

## Please choose Form of Payment

BANK TRANSFER: Account no: 67902880 Account name: Sarah Ludford Sort Code: 08-71-99

Please use the Reference: UC20 followed by your Surname.

CHEQUE: Please send cheque made out to Sarah Ludford, on completion of this form to Sarah Ludford, 64 Broadway, Lancaster, LA1 2BU

If you have questions, please email Sarah: [sarah@sarahludford.co.uk](mailto:sarah@sarahludford.co.uk)

**About Sarah:** I had a background in mediation and conflict resolution before I came across NVC in 2001. My interest in conflict has continued to develop alongside my NVC practice and I am now part of the Conflict Transformation Weave - a group of NVC trainers exploring how to create agreements and processes for responding to conflict within the NVC Community in the UK. In 2016 I developed and ran **The Year of Requests** alongside trainer Shona Cameron: This was a year long programme exploring the power of Requests in the practice of NVC. I have been sharing Nonviolent Communication since 2006 and am a certified trainer with the [Center for Nonviolent Communication \(CNVC\)](#).

For more on Sarah and her work: [www.sarahludford.co.uk](http://www.sarahludford.co.uk) and <https://ctw-uk.com/>