



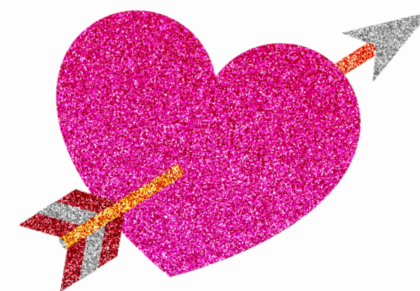
FRIENDLY

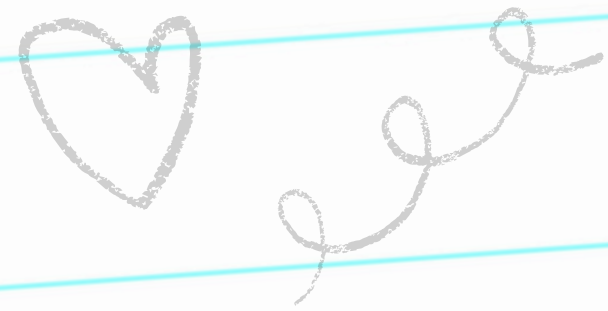
SPEED

DATE



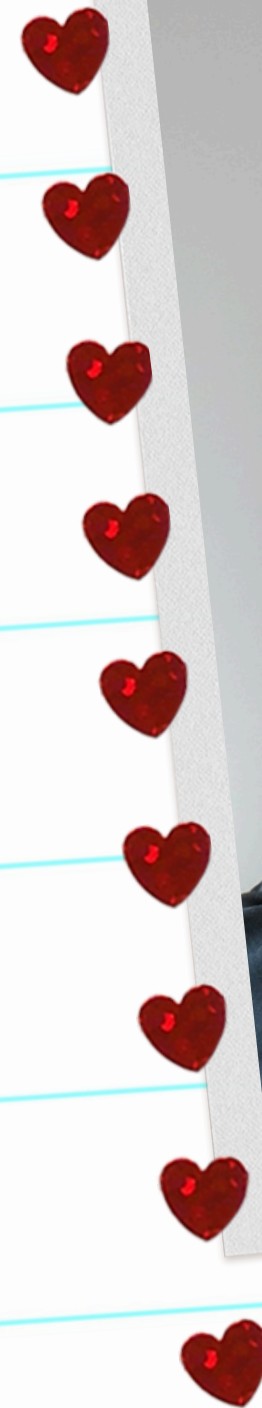
FOR DEEPER CONNECTIONS





HI! MY NAME IS MARYSABA!

- I'm a Relationship Coach specialized in Conflict Mediation
- I love deep chats and meaningful conversations
- I'm Italian and I have lived in 6 countries before moving to Portugal 9 years ago
- I fell in love with Nonviolent Communication 2 years ago and it has become my lifestyle



THE FRIENDLY SPEED DATE

10 MINUTES FOR:



DEEP TOPICS

Fears

Dreams

Conflicts

Difficulties

Frustration

Loneliness

Expectations

Memories

Rejection

Open questions

WITH EMPATHIC COMMUNICATION

- Empathy
- Active Listening
- Reflecting back
- Understanding

CREATE DEEPER CONNECTIONS


- Trust
- Understanding
- Friendship



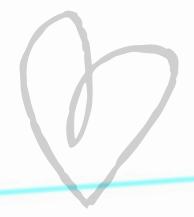




HOW IT WORKS


1. Each table has a topic
2. Participants can share their stories or choose a deep question if they don't have anything in mind
3. The other person only listens, reflects back, and helps the speaker explore their emotions more deeply and maybe, find a different point of view of the situation.
4. Then participants switch tables, and the listener becomes the speaker.



TOOLS



THE METHOD USED WILL BE NONVIOLENT COMMUNICATION. A SHORT EXPLANATION WILL BE PROVIDED, ALONG WITH TOOLS SUCH AS A LIST OF EMOTIONS, A LIST OF NEEDS, AND GUIDANCE ON HOW TO REACT EMPATHICALLY, TO SUPPORT PARTICIPANTS THROUGHOUT THE PROCESS.





RULES!

ATTACKING

JUDGING

BLAMING

VICTIMIZING

PUNISHING



*LISTEN WITHOUT
INTERRUPTING*

*BE CURIOUS OF
THE EMOTIONS
BEHIND*

*EMPATHIZE WITH
THE OTHER*

*FIND SOLUTIONS
TOGETHER*

*EMPATHISE WITH
THE PAIN*



OTHER EVENTS AND WORKSHOP

WORKSHOP ON MANAGING
EVERYDAY LIFE STRESS WITH
COMPASSION

SELF-COMPASSION GROUP
SESSIONS.

CRAFTING WORKSHOP AND
DEEP TALKS

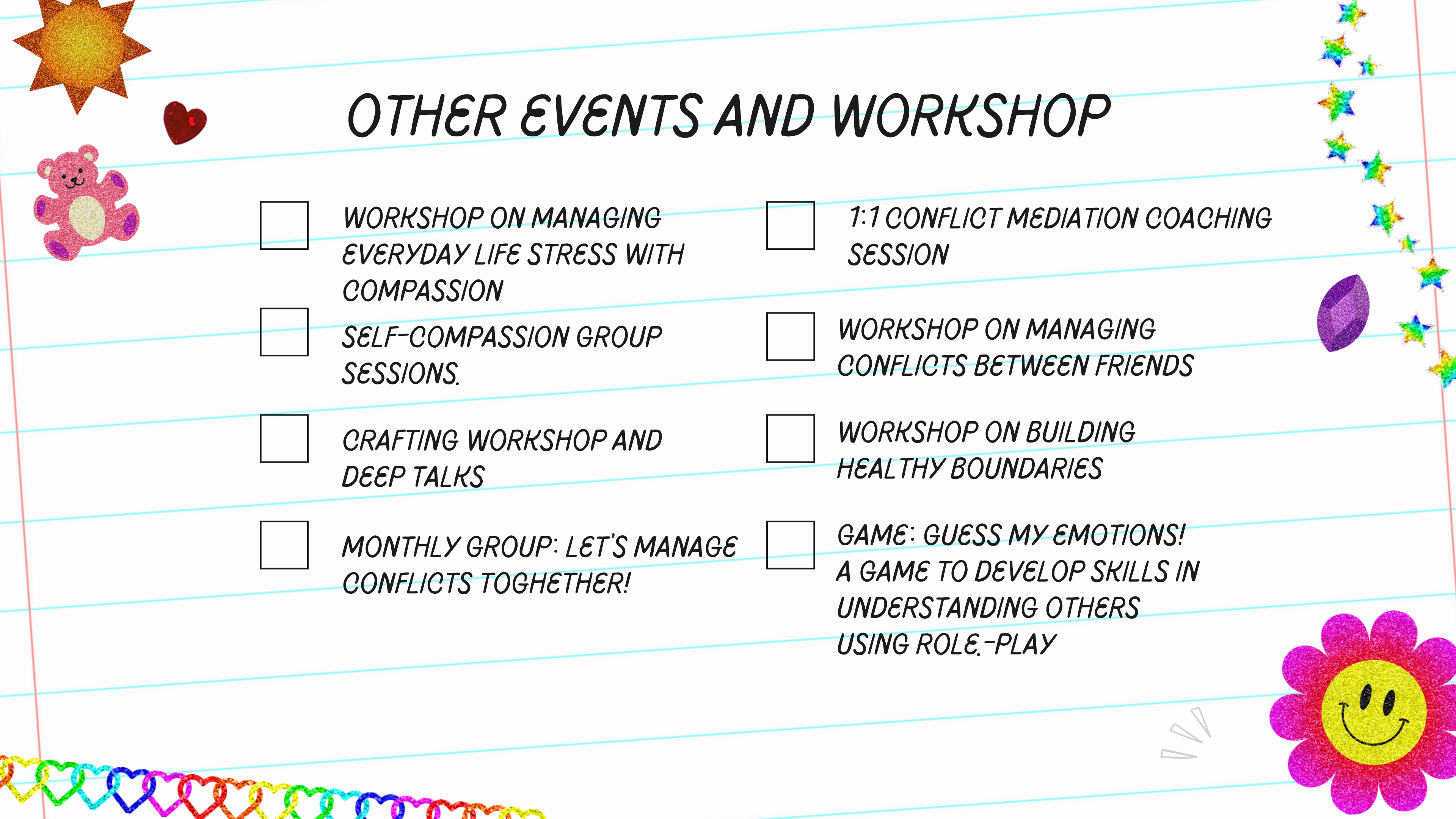
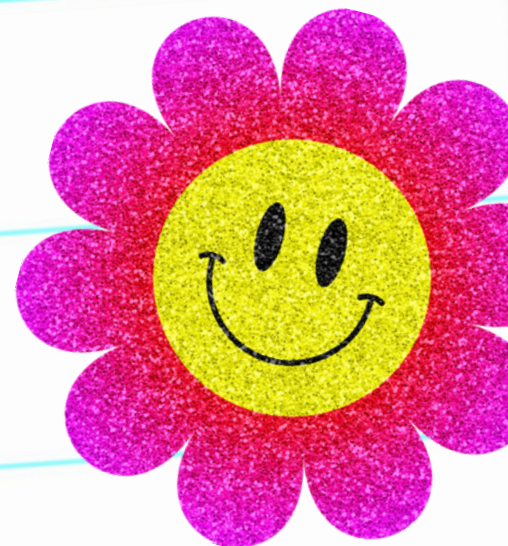
MONTHLY GROUP: LET'S MANAGE
CONFLICTS TOGETHER!

1:1 CONFLICT MEDIATION COACHING
SESSION

WORKSHOP ON MANAGING
CONFLICTS BETWEEN FRIENDS

WORKSHOP ON BUILDING
HEALTHY BOUNDARIES

GAME: GUESS MY EMOTIONS!
A GAME TO DEVELOP SKILLS IN
UNDERSTANDING OTHERS
USING ROLE-PLAY





CONTACT ME FOR EMPATHIC CHATS!

Send me a whatsapp:

+351 919 388 542

Or message me:

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*LET'S BUILD TOGETHER
A STRONG
COMMUNITY!*

*LET'S STOP GETTING
STUCK IN "ME, ME, ME"
CONVERSATIONS*

*LET'S FEEL NOURISHED
BY OUR CONNECTIONS*