



## Non-violent Communication 1-Day Workshop

*Dr. Marshall Rosenberg's process of Nonviolent Communication has gained worldwide recognition as a tool for turning even the most volatile situations into a natural interchange of compassion, generosity, and mutual enrichment.*

*We all find ourselves in situations where too often we resort to the same old patterns of behavior—defending our need to be right, refusing to really listen, and speaking cruelly out of anger and frustration, or worse. Nonviolent Communication provides us with the essential tools, techniques and insight to be more empathic, be in touch with our emotions and needs and convey them in a manner that is respectful and assertive.*

## Workshop Objectives

After attending this workshop, participants will be able to:

- Identify the four steps of the Nonviolent Communication process.
- Employ the four-step Nonviolent Communication process in every dialogue they engage in.
- Utilize empathy to safely confront anger, fear and other powerful emotions.
- Discover how to overcome the blocks to compassion and open to our natural desire to enrich the lives of those around us.
- Explore options to use the tools and techniques learnt to enrich their personal and professional lives

## Focus Areas

- An overview of the NVC process
- Developing a language of compassion
- Applying NVC within Ourselves
  - o Transforming our language of violence
  - o The pitfalls of self-judgment
  - o Exercises to practice self-empathy
- Learning how to identify our needs
- The practice of making clear requests
- Empathically Connecting with Others
  - o Developing the skill to differentiate between receiving information empathically versus non-empathically
  - o Behaviors that prevent us from being present to another person's needs and feelings
  - o Understanding what to do when others judge your actions
- Experiencing and Exercising Authority
  - o Understanding different authority structures
  - o Respect for authority versus fear of authority
- Learning to say no
- Building open communication channels
- Living Compassionately with Celebration and Gratitude
  - o Differentiating gratitude from praise and compliments
  - o Celebrating the power we have to enrich life
  - o Learning to whole-heartedly receive gratitude

### METHODOLOGY

Facilitator-led Discussions, Case-Studies, Role-Plays on simulated scenarios, Activities, Exercises, Group-work, Presentations, Self-assessment Quiz, Learning Videos, Learning Games

### POST TRAINING SUPPORT

Participants shall make a 21-day action plan during the end of workshop. They can talk to the trainer by scheduling their calls or connecting via wapp.