

**“NVC Tools and Strategies for a better Communication”
Training program
(English Material)**

Course Length: 16 Hours @ 4 days

We propose a four-day workshop which alternates theoretical material with role playing in order to apply newly acquired knowledge. Method based on the concept of Marshall Rosenberg “Non Violent Communication (NVC)”.

Targeted Audience (who can attend)

This workshop is relevant in various contexts for personal and professional development.

In general, it can benefit any person, of any age, eager to improve relations with others.

Objectives and Contents

- To be in a state of well-being with ourselves
- To develop an awareness and clarity about the way we live, what we want, what we say
- To decrease stress of our everyday life
- To tap our internal resources in difficult situations
- To create more harmony in our relationships with others
- To defuse and transform aggressiveness and anger
- To manage conflicts by seeking a satisfactory solution to all aspects in question
- To better listen to and understand others
- To take a position precisely and genuinely
- To learn how to say “no” and to hear and accept “no”
- To respect silence

Acquired skills:

- To state strict observations separate from personal judgements and evaluations

- To differentiate between facts and feelings resulting from interpretation and judgment.
- To discover and express major needs (aspirations, motivations...)
- To express requests in a positive, concrete and realistic way.

