



NON VIOLENT COMMUNICATION - a language of life

Would you like to live more peacefully with yourself and with the people around you?

If you answered yes, then I would like to invite you to The Nonviolent Communication Training Course.

Nonviolent Communication helps you resolve your deepest conflicts within yourself and with others through the power of empathy. There are times when we find ourselves resorting to criticism, insult, and blame when trying to resolve conflicts, which only leaves everyone hurting, angry, or depressed.

By joining The Nonviolent Communication Training Course, you will find ways to transform yourself and difficult situations positively by learning how to focus more on treating people with a more profound respect.

what will you gain from this experience?

This foundation training will equip you with the essential theory and skills to put NVC into practice in your daily life, at work, with your family or in society. The emphasis on the training is on learning through practice, with sufficient theoretical input to clarify the basic elements of NVC. During and after the course you will have learned or improved the following:

Differentiating observation from evaluation, being able to carefully observe what is happening free of evaluation, and to specify behaviors and conditions that are affecting us;

Differentiating **feeling** from **thinking**, being able to identify and express internal feeling-states in a way that does not imply judgment, criticism, or blame/punishment;

Connecting with the **universal human needs/values** (e.g. sustenance, trust, understanding) in us that are being met or not met in relation to what is happening and how we are feeling; and

Requesting what we would like in a way that clearly and specifically states what we do want (rather than what we don't want), and that is truly a request and not a demand (i.e. attempting to motivate, however subtly, out of fear, guilt, shame, obligation, etc. rather than out of willingness and compassionate giving).

What do we mean by Nonviolent Communication?

„Nonviolent Communication contains nothing new. It is based on historical principles of nonviolence - the natural state of compassion when no violence is present in the heart. NVC reminds us what we already instinctively know about how good it feels to authentically connect to another human being.

With NVC we learn to hear our own deeper needs and those of others. Through its emphasis on deep listening—to ourselves as well as others—NVC helps us discover the depth of our own compassion. This language reveals the awareness that all human beings are only trying to honor universal values and needs, every minute, every day.



NVC can be seen as both a spiritual practice that helps us see our common humanity, using our power in a way that honors everyone's needs, and a concrete set of skills which help us create life - serving families and communities.

Through the practice of NVC, we can learn to clarify what we are observing, what emotions we are feeling, what values we want to live by, and what we want to ask of ourselves and others. We will no longer need to use the language of blame, judgment or domination. We can experience the deep pleasure of contributing to each other's well being.

NVC creates a path for healing and reconciliation in its many applications, ranging from intimate relationships, work settings, health care, social services, police, prison staff and inmates, to governments, schools and social change organizations.“

(From: <http://www.cnvc.org/about/what-is-nvc.html>, 2018)



language

spoken language during the course is English

(I understand and speak French, German and Dutch, too, however)



target group

Besides youth workers, trainers, guides and teachers from formal and non-formal fields of education these workshop sessions are suitable for individuals, families, couples and everyone else who

- longs for a harmonic and authentic way of dealing with one another
- wants to deepen their relationships and build a true connection
- is looking for a tool to solve and approach conflicts constructively
- desires to express him or herself honestly, clearly and respectful

A diversity of practitioners can only strengthen our learning on this course!



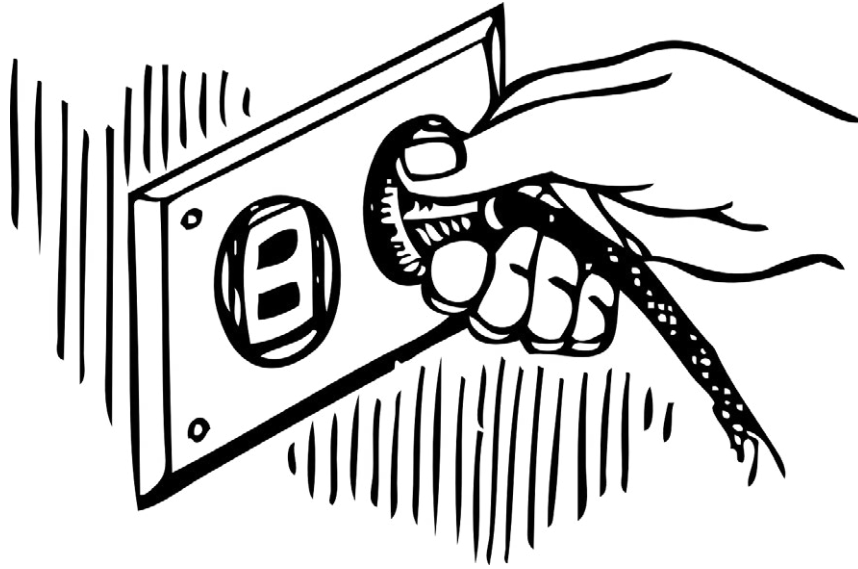
schedule and location

The group session would preferably happen at a public place or at somebody's house which is easily reachable for the participants. This could be my living room, too, for instance. I imagine those sessions to take place once a week lasting between 90 minutes and 2 hours.

The workshops would allow more time to deepen the understanding and practice of the non violent communication technique.

I suggest to start with scheduling two sessions taking place on two subsequent weekends. Preferably, at any other public place which does not include additional hiring-costs.

The schedule and detailed outcomes of the two weekend-sessions I will send you on request!



costs

For the group session held once per week I'd like to ask a fee of 12€ per person. The costs for the workshops during the weekends would be 90€ per weekend-session.

Travel costs, accommodation and food I suggest to be covered by each participant individually.

Snacks and tea / coffee, however, would be provided at both the group sessions and the weekend-courses.



timings

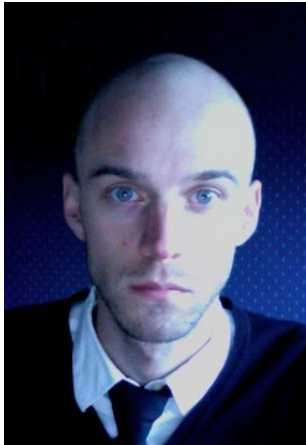
group sessions
around 90 minutes

weekend courses
Saturday – 10am till 5.30pm
Sunday – 10am till 5.30pm



(N)umbers

the maximum amount of participants are 20 people

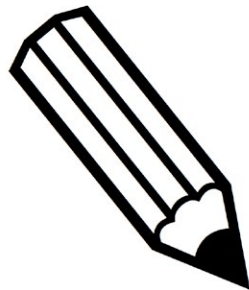


Luca Hillen

I studied photojournalism, fine art and finally mime (at the theater-school in Amsterdam). While getting to know the potential within physical movements (alexander technique, feldenkrais-method, thai chi, chikung and yoga) gradually I understood the powerful combination of body-awareness and a calm and peaceful mind.

I am busy with non-violent-communication since 2010. Only in the end of 2017 I decided to become a professional nvc-teacher. My background in fine art and theater helps me to approach communication from a playful side adding theatrical and physical exercises to the nvc-training always highlighting to celebrate and dance through life!

More about my activities can be found on:
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contact

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