

Non-violent communication

Length :	2 days
Venue :	Your facilities/Online
Calendar:	TBA
Group size :	5 to 15 persons
Target audience:	Anyone willing to improve the quality of their communication
Trainers :	Laurence Moss, Marine Pansu

NVC aims to transform interpersonal tensions into productive, useful dialogues. It fosters cooperation, self-respect and respect for others. It is based on historical and theoretical non-violent experiences and their analysis (Marshall B. Rosenberg, Carl Rogers, Abraham Maslow). It mainly uses the verbal dimension of communication.

Overall pedagogical objective

To establish and develop a climate of open and benevolent communication to practice creating positive interpersonal relationships and preventing conflict.

Specific pedagogical objectives

- Knowing, recognizing, listening to and formulating our needs
- Observing situations objectively, without judging people, facts or actions.
- Thinking in terms of achievable goals
- Expressing our feelings
- Facilitating the expression of others' feelings
- Formulating expectations in a spirit of collaboration
- Developing an assertive, positive approach

Teaching method

We offer a participative training approach that allows everyone to express and share their ideas. The training is tailored to their needs.

Programme

- Knowledge of the problem
- Assessment of difficulties encountered
- Study of the impact of words
- Skills and habits
- Managing emotions
- Listening to self and others
- Analysis of conflict situations
- Role-plays
- Observing and adapting to your interlocutor (verbal and non-verbal)
- Giving appropriate signs of recognition and feedback
- Using silence effectively
- Mastering the interview stages
- Question and influence with integrity
- Concluding the interview

This training is in no way an individual or group therapy.

This course is offered in French or English.