

# Nonviolent Communication Skills Public Workshops

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## Nonviolent Communication Skills Public Workshops

We offer public workshops in Nonviolent Communication & skills, at foundation and post foundation levels.

For more information about Nonviolent Communication go to [Nonviolent Communication >> About NVC](#).

Scroll down this page or click below for more details on:

[NVC Foundation Trainings](#)

[Post - Foundation Trainings](#)

[Calendar - Overview of our Nonviolent Communication skills trainings till Jan 2011](#)

Date

Workshop

Location

Led by

25-26 Sept 2010

NVC Foundation Training

London

Daren & Anna

17 October 2010

Transforming Intimate Relationships with NVC

London

Daren & Anna

23-24 Oct 2010

NVC Foundation Training

London

Daren & Anna

13-14 Nov 2010

NVC Foundation Training

London

Daren & Anna

28 November 2010

Healing and Reconciliation with NVC

London

Daren & Anna

23 January 2011

Transforming Society with NVC

London

Daren & Anna

## Foundation Trainings in Nonviolent Communication (NVC)

Our NVC foundation trainings are 2 days in length. Attending one will help you to develop clarity concerning the essential concepts and tools used in NVC. You will also develop a basic level of fluency, which will help you to use Nonviolent Communication effectively in your daily life - professional or personal. 2 day foundation trainings are also a pre-requisite for many of the further Nonviolent Communication skills workshops available in both the UK and worldwide. We expect you will find attending one challenging, moving, supportive and fun!

### Comments from previous Nonviolent Communication Foundation Training participants:

"A truly inspiring and 'honest' two days where I was able to reflect on and express my feelings and needs in a 'safe' environment. Daren and Anna helped me to explore myself without being 'intrusive' and in a lovely, supportive way. I feel really appreciative. Thank you." - B. Pestana.

"Thank you for a very inspiring weekend. You clarified many of the steps which met my need to know and practice the principles and I feel very grateful to you both for your help and support." - K. King.

"I appreciated Anna's and Daren's openness and generous sharing." - M. Raicar.

"I felt the facilitators and the group to be very warm and understanding. The training (& the model itself) contributed to this a great deal. I feel there is a lot to learn but have found this training to be very exciting & full of possibilities & potential for the future." - E. Thompson

"Well thought through and a clear mixture of theory, demonstration and practice." - C. Sherrard.

"I really enjoyed the two days. It was enlightening and challenging. Thank you." - M. Adjei.

"What a powerful tool NVC can be in order to creat 'connections' that we all so need. . . . A great adventure in awareness!" - R. Pestana.

"An excellent introduction to NVC. One of those courses which you are never the same after attending!" - J. Edge.

## NVC Resolutions NVC Foundation Trainings till Nov 2010

Date

Location

Led by

25-26 Sept 2010

near London Bridge, London

Daren & Anna

23-24 Oct 2010

near London Bridge, London

Daren & Anna

13-14 Nov 2010

near London Bridge, London

Daren & Anna

Prices:

Individuals: £160.

Organisational rates: Sole trader / charities = £200; Public sector = £240; Private sector = £300

We are keen to dialogue with you if any of these prices would prevent you from coming. Please contact us.

To book on any of the above foundation trainings, or for further information, please contact Anna or Daren at NVC Resolutions.

We request that people prepare for foundation trainings by reading *Nonviolent Communication: A Language of Life*, by Marshall Rosenberg (ISBN 1-892-005-03-4) or watch a DVD, or listen to tapes/CDs. Purchase these in the UK at [www.life-resources-shop.com](http://www.life-resources-shop.com)

### Post-foundation Trainings in Nonviolent Communication

At post-foundation level we are currently offering 10 one day workshops on different aspects of Nonviolent Communication. Each day stands alone, so you can come on any one workshop. Or you can attend the whole set of 10 one day workshops to complete our NVC Life Transformation Course.

Book on four or more one day workshops and receive a 20% discount. Contact us for more information.

For the following trainings we request attendance on a 2-day foundation training in Nonviolent Communication (or equivalent) as a pre-requisite.

To attend any of these workshops, please email or phone Anna or Daren at NVC Resolutions and we will send you booking information. Contact details are on the right hand side of this page, towards the top, or use our enquiry form.

NVC Life Transformation Course Overview - 10 x 1 day modules:

1. Transforming Anger with NVC: 22nd August 2010
2. Transforming Intimate Relationships with NVC: 17th October 2010
3. Healing and Reconciliation with NVC: 28th November 2010
4. Transforming Society with NVC: 23rd January 2011
5. Transforming our Relationship to Children with NVC: date to be arranged (2011)
6. Healing the Past with NVC: date to be arranged (2011)
7. Transforming Empathy and Empathy Collision with NVC: date to be arranged (2011)
8. Transforming Inner Conflict with NVC &ndash; A Day of the Jackal! date to be arranged (2011)
9. Transforming Mediation with NVC &ndash; The Essential Skills: date to be arranged (2011)
10. Manifesting Abundance with NVC: date to be arranged (2011)

Transforming Anger with NVC

Sun 22nd August 2010    Location: East London    Led by Daren & Anna

The NVC approach to anger differs from the basic model, including an extra step! On this one day workshop, we will explore how to connect with our anger and ensure that it is expressed in a life affirming way. We will also look at how we can connect with other people when they are angry, either with us or with someone else. The day will be focused on practice, using examples from your own life.

PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

Transforming Intimate Relationships with NVC

Sun 17th October 2010    Location: East London    Led by Daren & Anna

The focus of this day will be our intimate relationships with our partners / spouses. We will explore the dynamics that occur in relationships, and the way that needs manifest differently for men and women, and we will practice communicating with our partners, present or past. Come with your current partner or come alone - whether you are currently with a partner or not. Daren and Anna have completed diplomas in relationship dynamics and counselling, and have been using NVC in their relationship for the past 10 years. So they have much to share with you!

PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

## Healing & Reconciliation with NVC

Sun 28th November 2010    Location: East London    Led by Daren & Anna

It seems to be our nature as human beings to fall out with one another, sometimes in minor ways, and sometimes in deep ways, especially when a lot of pain has been experienced. NVC is a powerful tool for healing and reconciliation between people where pain exists between them. On this day we will explore the six NVC steps to healing and reconciliation. We will also look at the NVC approach to apology and forgiveness, clarifying the difference between domination and life-enriching approaches to apology and mourning.

### PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

## Transforming Society with NVC

Sun 23rd January 2011    Location: East London    Led by Daren & Anna

On this day we will look at the contribution that NVC can make to social change. We will explore the concepts of domination systems, partnership systems and enemy images, and practice dialoguing with people we are in conflict with in societal settings where we want to instigate change and experience resistance.

PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

Transforming our Relationship to Children with NVC

Date to be confirmed - 2011    Location: East London    Led by Daren & Anna

Many of us are unhappy with the style of communication with children and young people that our culture has habituated us to. At the same time we can find communicating with our or other's children totally exasperating! NVC offers a way to negotiate the tricky waters of communication with young people, so that we can get more of what we want in a way that doesn't damage our relationship with them. This day is suitable for parents, teachers, carers or anyone who wants to relate better with children / young people.

PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

## Healing the Past with NVC

Date to be confirmed - 2011    Location: East London    Led by Daren & Anna

NVC is a powerful process that helps us to connect with ourselves and others in the present moment. However, sometimes events in the present trigger feelings and needs that were unmet for us in the past, and this can affect our ability to be responsive to others in the present. During this day we will explore how we can distinguish between present and past needs and how we can connect with and resolve past needs, as well as communicate about them in the present.

### PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

## Transforming Empathy and Empathy Collision with NVC

Date to be confirmed - 2011    Location: East London    Led by Daren & Anna

'Empathy collision' occurs when both I and another person are in pain to the extent that neither of us are able to hear or empathise with the other person. What often happens next is that our anger increases as we communicate in ways (using blame, judgement, diagnosis, etc) that trigger each other further. This process escalates till a crescendo is

reached, culminating in disconnection, hurt, even violence. On this day we will look at ways to remedy this situation, as well as exploring more deeply what empathic connection to self & other can really feel like.

PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

Transforming Inner Conflict with NVC- A Day of the Jackal

2011 - date to be arranged    Location: East London    Led by Daren

On this day we will shine the light of consciousness on how we talk to ourselves when we are less than perfect, and transform our relationship to our inner worlds! We will become familiar with the core jackal thoughts that drive our responses to the situations we encounter in our lives. We will also look at how we talk to ourselves when we make mistakes and learn skills to transform our inner conflicts. NVC concepts covered: core jackal beliefs; the inner educator vs inner chooser; life-alienated feelings - guilt, shame and depression.

PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

## Transforming Mediation with NVC - The Essential Skills

2011 -date to be arranged Location: East London Led by Anna

NVC is one of the most powerful approaches to mediation currently in existence. In this workshop we will share with you the fruits of our NVC mediation practice from the last 11 years. We will outline the 6 key elements of the NVC approach to mediation, with plenty of opportunity to practice each element, focusing on how the NVC mediator can help to change a harmful dynamic between people into a harmonious one. This day is suitable for professional mediators or 'amateurs', i.e. anyone who finds themselves between two people in conflict!

### PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

## Manifesting Abundance with NVC

2011 - date to be arranged Location: East London Led by Daren & Anna

If we think it, we become it! On this day we will look at how NVC can help us manifest our dreams and desires by unlocking the creative power contained within some of our deepest needs when we connect with them from a place of abundance rather than lack. We will explore ways we can create strategies in our lives to assist in the manifestation and fulfilment of our deepest potential. And we will explore the role and value of NVC-style gratitude.

#### PRICES:

Individuals: £80

Organisations: Sole trader / charity = £100; Public sector = £120; Private sector = £150

Please dialogue with us if any of these prices would prevent you from coming.

To attend any of the above workshops, please email or phone Anna or Daren at NVC Resolutions and we will send you a booking form. Our contact details are near the top right of this page, or use our enquiry form below the contact details.

We also offer Nonviolent Communication training for organisations. Visit our workplace conflict management training page for more information.