

Nonviolent Communication Workshop

About Nonviolent Communication

"Nonviolent Communication is based on the principles of nonviolence - the natural state of compassion when no violence is present in the heart. Nonviolent Communication begins by assuming that we are all compassionate by nature and that violent strategies - whether verbal or physical - are learned behaviors taught and supported by the prevailing culture. Nonviolent Communication also assumes that we all share the same, basic human needs, and that each of our actions are a strategy to meet one or more of these needs. People who practice nonviolent communication have found greater authenticity in their communication, increased understanding, deepening connection and conflict resolution." (<https://www.cnvc.org/>)

The following dialogs are an example of nonviolent communication:

Judgment: "I can feel you are not listening to me!"
Attempt to defend: "Yes, I am."
Attempt to refute: "No, you are not, because..."

Translation into nonviolent communication, focusing on the other

Observation: When I see how you are looking out of the window while I am talking to you
Feeling: might **you feel** bored
Need: because **you need** some time for yourself?
Request: Shall we take a break and continue this conversation tomorrow / when you are more ready?

Translation into nonviolent communication, focusing on oneself

Observation: When **I see** how you are looking out of the window while I am talking to you
Feeling: **I feel** frustrated / annoyed / disappointed
Need: because **I need** your full attention while I am talking to you.
Request: **Could you** please look at me while I am talking to you and ask me some questions?

Expected outcomes

Nonviolent communication uses awareness, language and communication skills to help people to:

- clearly express their feelings and needs
- listen to others' feelings and needs with compassion and empathy
- facilitate mutually beneficial outcomes for all parties involved

Students will be fully familiar with the 4 parts of NVC and will build the ability to:

- a) observe a situation without evaluating or judging
- b) express their feelings
- c) express their needs
- d) make a request

and encourage others to do so as well. These are fundamentals of conflict resolution.

Course prerequisites

- As workshops are highly interactive students are required to have good English conversation skills.
- The workshops are online and Zoom will be used. Students must be familiar with the basics of Zoom and ensure that audio and video are properly set up. A stable internet connection is a requirement.

Course description

Overview

Students will get demonstrations on practicing simple nonviolent communication dialogs using vocabulary to express their feelings and needs related to *pleasant moments* that happened recently. We start with dialogs between the instructor and individuals while the whole group is learning by listening. After a while some students are twinned and the group is learning from the nonviolent communication practiced between the two students.

Nonviolent workshop I

Nonviolent communication dialogs start with slightly *unpleasant moments* that happened recently. Heavy use of a wide variety of vocabulary for expressing feelings when needs are not met is part of this training. When students are familiar with the concept the whole group is split up into pairs of 2 which are assigned to breakout rooms where they can practice individually, under ongoing instructor support.

Nonviolent workshop II

All students of the class will be engaged in a more in-depth use of all 4 parts of nonviolent communication applying it to more unpleasant moments and conflicts that happened recently or in their past.

Nonviolent workshop III

All students will continue to train their skills in nonviolent communication.

Scheduling Introductory Workshop

The 90 minutes workshop is an introduction to nonviolent communication. It starts on 21st September 2022 at 14:00 (GMT + 2). The Zoom link will be opened 15 minutes early so you can login and make sure your audio and video is set up.

These login credentials must be used to join the Zoom session:

<https://us02web.zoom.us/j/3411282601>

Pass code: 207130

To let the instructor know you participate please enter your name here: <https://tinyurl.com/servasNVC> .

Schedule for following in-depth workshops

Those who like the introductory workshop can then commit to a series of 3 more in-depth workshops at these dates:

5. October 2022 14:00 (GMT + 2)

12. October 2022 14:00 (GMT + 2)

19. October 2022 14:00 (GMT + 2)

Participants can learn the skills of nonviolent communication in more detail and apply them in real life.

About the instructor

My name is Hanspeter Amend. I live in Bangkok and am a retired science and math teacher from Switzerland occasionally teaching computer programming classes. I have also been teaching nonviolent communication classes to hundreds of students from Bangkok, Hong Kong, Singapore and Tokyo. My most recent students were from Burmese refugee students in Thailand.