

COURSES WITH NON-VIOLENT COMMUNICATION (GFK) FOR COMPANIES

My **Nonviolent Communication / NVC** courses **for companies** in Berlin & Brandenburg are tailored to your requirements. Prices on request. The following modules are available:

The following applies to all courses:

- From 4 to 22 participants
- In German or English
- with breaks or lunch break
- Working on the whiteboard / beamer
- At the customer's location or rental of a space
- written assignments, discussions, teamwork, group work
- relaxing games and exercises to relax the body and mind

Express NVC course "Clarity through communication" for companies _____ (4 hrs)

The **absolute basics** of NVC that are necessary to enable your team using the "Four Steps of Nonviolent Communication".

Contents: Observing without judging or interpreting, active listening, importance of basic feelings, recognizing basic feelings in oneself, recognizing one's needs, formulating open requests, applying the Four Steps of NVC.

NVC introductory course "Discovering needs - working relaxed" 1 day for companies _____ (7 hours)

Compact introduction to NVC with processing of 1-2 cases from work context

Contents: Working on an own situation, observing without judging or interpreting, active listening & mirroring, importance of basic feelings, recognizing basic feelings in oneself, recognizing one's needs, formulating open requests, recognizing authoritarian language, applying the Four Steps of NVC to your own case, teamwork, looking at situations from work with NVC.

NVC introductory course "Strengthening authentic togetherness" 2 days for companies (2x 7 hours)

Full introductory course with time to **deal with specific dynamics in the team**, teamwork & self-reflection

Contents: Working on your own situation, observing without judging or interpreting, active listening & mirroring, importance of basic feelings, recognizing basic feelings in oneself, time for self-reflection, recognizing one's needs, formulating open requests, recognizing authoritarian language, social context to authoritarian structures & power dynamics, practicing the Four Steps of NVC with your own example, team-building & deep exchange in teamwork, looking at situations from work with NVC and resolving them extensively.

Team building team day "Connectedness through empathic communication" (4-7 hours)

Experience **a day full of connection**, fun & authenticity with your colleagues and management. Strengthen the team with a set of relaxed games and honest exchanges.

Contents: Relaxed team-building games, short introduction to "Authentic Communication" with NVC and the Four Steps, active listening, building connection, space for appreciation & empathy, space for regret, resolution of two problem situations with NVC, experiencing true community through honesty and authenticity.

De-escalation training with NVC for everyday work, (4-7 hours)

Setting boundaries respectfully, saying "no" and **resolving conflicts** peacefully.

Contents: De-escalation with the 4th steps of Nonviolent Communication, communicating calmly and clearly, finding out own needs and needs of the other side, asking clarifying questions, making appreciative contact, exercises in teams, case studies from everyday working life in your team.

NVC deepening course for companies "Getting ahead with NVC" (4-7 hours)

You have already completed an introductory course and would now like to **deepen your NVC knowledge** with more practice.

Contents: Refreshing the 4-step model of NVC, practicing the Four Steps in the “dance floor”-system in teams, resolving problems and situations in teams, written work & reflection, games, deepening readiness for vulnerability & appreciation

Mediation with Nonviolent Communication / NVC

Is there friction and **conflict in the team**? Have the fronts hardened? Then mediation with NVC between individuals or groups can be helpful.

Contents: Concrete case studies from the work context to be worked on, meeting conflict partners in an appreciative way, finding out needs, discovering new strategies, space for recognition, regret, appreciation and new connection.

Leadership Mindset Coaching with NVC

CEOs & Managers also want to grow, especially if they want to take advantage of the opportunities offered by a **New Work** environment at eye level. However, their own patterns and old beliefs can get in the way of letting go and allowing authenticity so that connection in an **Agile-work environment can succeed**.

Contents: Where do you stand right now & what do you need? The attitude of NVC, recognizing feelings and needs, reflecting on your own patterns and imprinting, actively working with appreciation, building relationships at eye level, clarifying conflicts, leading without exercising unnecessary power, finding a calm and clear way to express what you want, be effective.

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