

Kirsten Kristensen

CNVC trainer, mediator & expert in transformational processes



INTERNATIONAL

CNVC-certified trainer
since 2003

Courses, lectures and training in Nonviolent Communication. Every year I teach in Denmark, Germany and Norway, and have extensive experience from mediation, reconciliation and teaching in England, the Netherlands, Austria, Hungary, Poland, Ukraine, Nepal, India, Sri Lanka and the USA and more.

Phone +45 40 35 09 55
kirsten@livets-sprog.dk
www.kirstenkristensen.com

LIVKOM 
Livsberigende kommunikation

Principles that guide my work

- World peace starts with inner peace
- Conflicts are an invitation to get creative and find better solutions
- Positive change requires an effort to express our own needs and an effort to listen to others'
- I work to help as many as possible in getting their needs met

Growth with Nonviolent Communication

When I met Marshall Rosenberg in 1998, the founder of Center for Nonviolent Communication (CNVC), I strongly felt that NVC provided a new and profound dimension to my work, particularly in regards to relational competencies.

I cofounded the Danish NVC association LIVKOM in 2009 and I am the chairman. The association works with individuals – from self-empathy to anti bullying in schools, and internationally with Peace Engineering and reconciliation after war. We work with both publicly and privately funded projects that are widely adopted and applied in the Nordic countries among others.

Studied psychology and is a family therapist from the Kempler Institute and Seminar leader from Familylab International.

I live and work in the Sky Mountain Community in Denmark. My wish is to cocreate a better world. When working together, the sky is the limit!

Specialisations and strengths

- Organisational and societal Peace Culture, Empathy and Communication
- Transformation of anger and trauma into psychological safety and nourishment of innovation
- Reach solutions that are owned by everybody
- Training of NVC-trainers and others with extensive NVC experience
- Facilitate learning that develops and enriches people, not only adds to the tool box
- Conflict management and mediation

“Work for life, and life works for you.”