



"I believe the techniques of NVC can literally change the world."

- Jack Canfield, *Chicken Soup for the Soul series*

## Workshop Style

Interactive & practical  
Respecting Confidentiality  
Challenging  
Supportive  
Fun

## Comments from Previous Participants:

"This online NVC course is perfect. I highly recommend Daren's course, he perfectly balances NVC theory and practice and is flexible and attentive to the group's needs. Our group was smaller than you might find in a face to face setting, which added to the intimacy and trust of the experience. I value this experience very highly, the lessons learned are lasting and a great introduction to the practice of NVC." – Maria Sbiti, April 2020

"The Foundation NVC course with Daren De Witt is the first course I've ever done where the learning that has happened within me is a certainty. Yes I will have to practise but, even if I didn't, my awareness around language cannot now be undone. The course truly exceeded my expectations. A huge bonus was the course being split over two weekends. The opportunity this created to live the practice was invaluable. To top it off, the online setting seemed only to enhance our experience and the bond between us, something we could not have predicted." – Alia James, April 2020

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## NVC Online Foundation Training Outline

Nonviolent Communication (NVC) foundation trainings present all the basic concepts and tools used in NVC. They give you sufficient information and practice to start using NVC effectively in your daily life - professional or personal. NVC foundation trainings are also a pre-requisite for many of the further trainings in NVC available in the UK and overseas.

This online training will take place over four sessions of approx 4 hours each (6 hours on the final session). Each of the four sessions takes place on a separate day. Each session includes a balance of theory and practice. The practice exercises are simple to begin with and gradually become more complex and challenging as the training progresses and your understanding deepens.

On sessions one and two we explore the core concepts and processes of NVC. Understanding of these is facilitated through brief exercises. Topics covered:

### Session One (on day one)

(4 hours training time and 30 minutes total break time)

#### The Intention Of Communication

- ◆ Understanding the role of intention in communication and in NVC
- ◆ Exploring common intentions when communicating, their origins and results

#### Experiencing Empathic Presence

- ◆ Experiencing the quality of empathic presence in listening

#### Reflective Listening

- ◆ How to deepen someone's sense of being heard through empathic mirroring

#### The Core Of Communication – Essential Needs

- ◆ Understanding the role of needs in communication and action
  - ◆ Exploring 10 essential areas of human need

#### The Place Of Emotions In Communication

- ◆ Understanding common miscommunications of feelings
- ◆ Clarifying how and when to accurately convey or connect with core emotions

### Session Two (on day two)

(3.5 hours training time and 30 minutes total break time):

#### Language That Disconnects

- ◆ Exploring 7 types of communication that antagonise or stimulate resistance
  - ◆ The origins and outcomes of disconnecting language

#### Four Ways We Can Receive Others In Conflict Situations

- ◆ Two responses that lead to increased conflict
- ◆ Two responses that lead to understanding, trust and resolution of conflict

#### Communicating Observable Experience

- ◆ Distinguishing between observation and evaluation
- ◆ Exploring how to accurately convey what we are seeing or hearing from others

#### Formulating Strategies & Communicating Them To Others

- ◆ Distinguishing between needs and strategies, & between requests and demands
  - ◆ How to convey what we would like others to do clearly and effectively

"No matter what issue you're facing, NVC will set you up to win every time"  
- Anthony Robbins,  
*Awaken the Giant Within and Unlimited Power*

"NVC is a powerful tool for peace and partnership, urgently needed for a less violent, more caring world."  
- Raine Eisler,  
*The Power of Partnership*

### Comments from Previous Participants:

"Daren's training was well structured and really advanced my understanding of NVC theory and fluency for practice. Highly recommend-ed to get you started in NVC!" – A Clare

"Daren's NVC foundation course was perfectly delivered with pure heart, grace, intelligence, wisdom and humour!" – S Daly

"Thank you for this training that was tender, helpful and profound." – C Cunden

"Probably the best training (the most useful) I've attended in the past 10 years." – S Warwick

### About the Trainer

Daren De Witt is a certified trainer with and representative of the international Centre for Nonviolent Communication ([www.cnvc.org](http://www.cnvc.org)). He has been sharing NVC with others since the year 2000.

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# NVC Resolutions

## NVC Online Foundation Training Outline (cont.)

Our focus for sessions three and four is on supporting you to internalise the NVC process and develop fluency through longer practice exercises, with coaching input from Daren and his assistant. Topics covered:

### Session Three (on day three)

(3.5 hours training time and 30 minutes total break time = 4 hours)

#### Self-Empathy

- ◆ Experiencing the power of NVC to clarify and work through our own issues / concerns.

Daren will lead the group through a period of guided inner reflection using the elements of NVC. Afterwards we will explore issues arising from your experience.

#### Empathising With Others

- ◆ Where to focus our attention when listening to others
- ◆ Supporting others to understand and move through their issues more effectively. After some further theoretical input, each participant will have a chance to practice empathising with another person for an extended period of up to 15 minutes, in a small group of three. Coaching input and a demonstration of empathic listening will be provided by Daren and his assistant.

### Session four (on day four)

(5 hours training time and 1 hour total break time = 6 hours)

#### NVC Conflict Communication Skills

The focus of session four will be on developing your skills to use NVC in conflict situations. Each participant will have a 40-45 minute coaching session with either Daren or Daren's assistant facilitator, during which you will have the opportunity to work through a conflict scenario of your choosing, from either your personal or professional life. One or two other participants will be needed to play roles in a conflict roleplay during your coaching session. Other participants will be able to observe the sessions, to support their learning.

Whilst we anticipate that you will learn a lot through observing, you may choose not to join the group for all of the coaching sessions during the day. You are welcome to take a break from as many of the coaching sessions as you wish, though we ask you to attend a minimum of four coaching sessions, including your own, if you wish to complete the training and receive a certificate of attendance.

#### Course Evaluation & Closure

We will finish with a 30 minute session in the large group during which we will discuss how participants can take their learning forward. We will finish the course with a check out round.

Upon completion of the training, you will receive a certificate of attendance, stating the number of training hours you attended.