



## Speak up and listen! NVC with children & teenagers

Workshop with Marianne Göthlin and Gabriele Grunt

October 19 - 21st 2018 - in Vienna

**In this workshop you will be supported as a teacher or parent to speak NVC and be a role model for dialogue and understanding. We will focus on finding a balance between clear leadership and taking the children's point of view into account.**

Communication is one of our most important life skills. Learning to listen, learning to speak up for what you need and want, verbalizing your dreams, are some helpful skills when forming a life-enriching learning atmosphere and guiding basic democracy.

Let's explore and practise together how NVC can guide us, and inspire the younger generation from how we ourselves speak up and listen.

We will practise to

- clearly communicate from our values and needs
- express appreciation and celebrate what "is"
- show clear boundaries free from threats or punishment
- engage with any resistance in a connective way
- listen with presence and empathy
- make clear requests
- make and break rules and agreements with care and respect
- cultivate self-empathy and self-care



**Time:** October 19 - 21st, 2018 Friday 17:30-20:30, Saturday 9:30-17:30, Sunday 9:00-15:30

**Place:** Kolpinghaus, 1180 Wien, Gentzgasse 27 (near U6 Volksoper)

**Contribution:** € 255,- - 580,- (depending on free will financial situation)

**Prerequisite:** At least 4 days of NVC workshops or practising groups

**Workshop language:** English

**Information:** gabriele@echt.info, 0650 53 678 21

**Registration:** For registration please write an email to gabriele@echt.info and pay the amount of € 80,- to the bank account: Gabriele Grunt - IBAN AT031925065315042200 BIC DIRAAT2S

## CNVC Certified Trainers:



**Marianne Göthlin**, Sweden, is particularly interested in sharing her in-depth NVC experience in education, with school staff and parents. Marianne is a teacher and has experience of running a school based on NVC values and other long-term education projects. [www.skolande.se](http://www.skolande.se)



**Gabriele Grunt**, Austria, is focused on exploring NVC with teachers and parents. She leads workshops in schools, universities, kindergartens and is familiar with everyday-life situations in Austrian public and free schools. [www.echt.info](http://www.echt.info)

