

# Speak up and listen - NVC in your connection with children & teenagers

## Online Workshop

with Gabriele Grunt and Marianne Göthlin  
4 afternoon sessions in October 2020



Learning to speak up for what you need and want, choosing to listen with empathy are some helpful skills when living and learning together and managing daily life conflicts.



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

We will practise to

- clearly communicate from our values and needs
- express genuine appreciation rather than giving praise or compliments
- set clear boundaries free from threats or punishment
- listen with empathy, a way to understand something new



### 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, shares NVC with school staff, parents and in teacher education. She leads workshops and long term projects in schools, universities, kindergartens and is familiar with everyday-life situations in Austrian public and free schools. [www.echt.info](http://www.echt.info)

### Practical information

Time & Place: 15:00-18:00, October 6, 7, 13, 14th

- Zoom - link will be sent after registration

Contribution : € 190,- - 320,-

Participants: 15 - 20

Prerequisite: min. 2 days of NVC workshop

Workshop language: English (work in small groups in German and English)

We will use Visfera material for our practise [www.visfera.com](http://www.visfera.com)