



15-22 JULY 2023

# NONVIOLENT COMMUNICATION IN SARDINIA

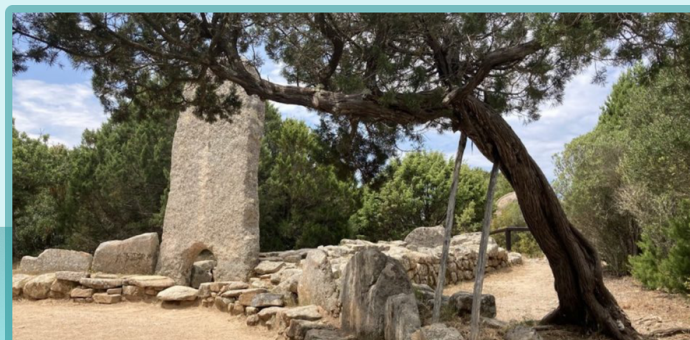
## POWER, PEACE AND PLAY IN DIALOGUE

We invite you to practice Nonviolent Communication (NVC) together  
and to enjoy this week  
in one of the most beautiful islands in the Mediterranean

Maybe you know NVC well and yet find it difficult to apply with people close to you, with authorities, when there is tension, conflict or quiet? Maybe you have experienced that more words do not mean more connection?

This is an opportunity for you who want to sharpen your skills to contribute to empathic dialogues, striving for mutual understanding and connecting beyond different perspectives.

Our theme for this week is empathic dialogue - dialogue with yourself, others and nature. This includes highlighting the importance of your attitude and using your power and NVC skills to contribute to mutuality and fruitful conversations. We will explore dialogue as a strong choice for influence and change.



TOMB OF THE GIANTS  
LI MIZZANI  
PALAU, SASSARI



## We will attend to practices such as:

- coming across by naming intentions, values, needs
- expressing scary honesty, courage to be honest
- making requests for dialogue
- listening and taking in others perspectives
- transforming enemy images, anger and self-blame
- develop your personal NVC vocabulary, your "street giraffe"
- dialogue with complaints, resistance, versions of No
- giving feedback and appreciation that strengthens the relationship
- finding solutions based on stated needs

We will practice in lightness and depth, seriously play and support each other to become more aware and skilled to manage the dialogues we want in our lives.

We welcome both you who are fairly new to NVC and you who are looking for in-depth training.

Participants should have read the book **"Nonviolent communication, a language of life"** by Marshall Rosenberg or have attended at least a two-days training.

These summer days are also for recreation, visiting the most beautiful and interesting locations in the island, hanging out in the garden, by the sea, in the environment and eating delicious food.

**So what do you think about enriching the summer with some wonderful days for yourself and in community with others who want to combine vacation with personal value?**

**The seminar is in English with Italian translation.**

It is a 7 days seminar from the 15th to the 21st of July. Arrival on the 14th and departure on the 22nd. We'll be hosted by Agriturismo 'La QUERCIA', close to Arbus in the South-West of Sardinia. We are going to rent a bus for daily afternoon trips and to provide shuttle service from and to Cagliari airport in the afternoon of the 14th and during the day on the 22nd.

CRISTINA BUONGIORNO deals with training and conflict mediation. She passionately spreads the NVC because she firmly believes that by changing the way we communicate and relate we can influence a change in the world; in this way the values of reciprocity, respect and peace can be truly shared among human beings.

MERI CIUTI is a social and scholastic mediator with a degree in Peace Sciences, a trainer in projects for students, teachers and parents on nonviolent conflict management and peace education. Since 2005 she has been practicing and living the NVC applying it to a plurality of areas and facilitating self-learning groups. She has been a learner of Marianne since 2008.

MARIANNE GOTHLIN, of Swedish nationality, she is a certified teacher and trainer in Nonviolent Communication (NVC). Since 1990 she has worked in education with children, teenagers, teachers, parents and leadership teams, using the NVC process to promote democracy and empathy-based relationships in schools.



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