



“It is all about connection”

Time for holiday and personal growth with Nonviolent Communication

6-13 JULY 2025

*In the beautiful **island of Favignana** in the Egadi Archipelago in front of Trapani, Sicily*

You are invited to be part of one of our appreciated summer trainings. These events offer inspirational learning, community support and fun, and time for recovery – a nourishing mix of deepened NVC training and adventures in nature. The intention is to build the community of our dreams for these days and practice using NVC for the best possible collaboration, enjoyment, and learning together.

We will form our days together according to needs in the community.

Content we can imagine:

- Honest speaking and empathic listening – ways to connect and live our freedom of choice
- Connective requests to support mutuality
- Making and breaking agreements with care
- Experience nourishment in giving and receiving appreciation
- Draw boundaries – saying Yes and No from connection with needs
- Transforming self-criticism – welcoming our vulnerability with self-empathy
- Trigger work – finding self-connection in turbulent moments
- Manage daily life conflicts

There will be time to deeply connect with yourself - spirit, body and mind - time for self-reflection. We will practice to balance our self-care with care for others. Living mutuality in daily life situations. **It is all about connection, to live awareness of needs in the community.**

The training will be 4 hours a day and will be held in English and Italian with translation.

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

Minimum requirement is to have read the book "Nonviolent communication, a language of life" by Marshall Rosenberg or to have attended an introduction training.

We will be hosted by Camping Villaggio Egad (www.campingegad.com) one kilometer from the harbour and 500 meters from the sea (13 minutes on foot) with the possibility of staying in bungalows or tents.



Maria, Cristina, Meri, Marianne

More info and registration in English

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Marianne Göthlin, Certified NVC trainer from Sweden, has a life-long engagement in education, sharing NVC to foster respectful dialogue and joyful learning on all levels.

Cristina Buongiorno met NVC in 2007 and deals with training in different fields and conflict mediation

Meri Ciuti has been practicing and spreading NVC passionately for 20 years in the social and educational field.

Maria Valsecchi, homeschooler mom for many years, translator and interpreter trying to integrate NVC in her daily life.