



Nadine Helm, Dipl. Social Work - curriculum vitae

## **EDUCATION**

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- April 2008:* Diplom Sozialarbeit/Sozialpädagogik, Ev. Fachhochschule Berlin (Protestant University of Applied Sciences)
- June 2003:* Abitur, Oberstufenzentrum für Wirtschaft & Sozialversicherung, Berlin

## **CURRENT OCCUPATION**

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- 2016- present* Teaching classes and private sessions in Nonviolent Communication, IFS, Mindfulness and Yoga in person and online
- 2011- present* Self-employed as a translator at workshops/ retreats, written translations of books, workshop materials etc. on demand

## **PROFESSIONAL DEVELOPMENT**

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- 2020/21:* **Internal Family System Level 1, online training** (90+ hours), with Osnat Arbel and Paul Ginter
- 2020:* **Two 6 week Online Courses** (2 hrs p. week = 24hours), with Robert Gonzales
- 2016:* **Mindfulness Based Stress Reduction Teacher Training Seminars** (130 hours)
- Spring 2014:* **10 weeks, Mindfulness Based Stress Reduction Practicum** (65 hours), Bob Stahl, California, USA
- 2013-2015:* **16 month Mindfulness Teacher Development Training**, Bob Stahl

- Winter 2013:*           **10 weeks stay at Plum Village monastery**, France to practice Mindfulness
- Fall 2013:*             **6 week silent Mindfulness Retreat**, IMS, Boston, USA
- Summer 2013:*       **8 weeks stay at Plum Village monastery**, France to practice Mindfulness
- Spring 2013:*        **4 week Yoga Therapy Instructor training**, Arsha Yoga, Kerala, India
- 2009-2011:*          **2 year Yoga Teacher Training** at Yoga Vidya Nordsee Ashram, Germany
- 2007-2009:*         **2 year Nonviolent Communication training** (170 hours) with Robert Gonzales, Arizona, USA
- 2006-2007:*         **Nonviolent Communication based Mediation Training** (260 hours), training acknowledged by Bundesverband Mediation e.V.
- Spring 2006:*       **9 day Intensive Training on Nonviolent Communication** (63 hours) with Robert Gonzales, Towe Widstrand, Susan Skye, Wes Taylor, Colorado, USA
- 2005-2006:*         **Yearlong training in Nonviolent Communication** (15 days), Marianne Sikor, Markus Sikor, Bavaria, Germany
- Fall 2005:*           **Deepening Weekend Workshop Nonviolent Communication** (16 hours), Klaus-Dieter Gens, Berlin, Germany
- Daylong Workshop on Nonviolent Communication in schools**, Adelheid Sieglin, Christian Peters, Berlin, Germany
- Summer 2005:*      **2 week Nonviolent Communication training** (Inner work/Social Change) with Marshall Rosenberg, Switzerland
- Spring 2005:*        **Weekend introduction to Nonviolent Communication**, Marshall Rosenberg, Berlin, Germany
- Fall 2004:*           **20 hour introduction into Nonviolent Communication**, Klaus-Dieter Gens, Berlin, Germany

## **ORGANIZING & ASSISTING**

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- 2010-2012:*           first **European LIFE program**, 2 year training (28 days) with Robert Gonzales on Nonviolent Communication, Lebensgarten, Germany
- 2008-2009:*         **6 day training**, Robert Gonzales, Nonviolent Communication, Germany
- 4 day training**, Susan Skye, “Early Childhood Trauma and Nonviolent Communication”, Lebensgarten, Germany
- Evening Event** with Sascha Liebermann on “Basic Income” Lebensgarten, Germany

## **ASSISTING**

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**2016-present: Connecting2life trainings and courses, Netherlands**

- Basic Course on Nonviolent Communication
- Intermediate Course on Nonviolent Communication
- Year Course, Embodying and Teaching Nonviolent Communication
- Mediation Year Course, based on Nonviolent Communication
- Multiple Nonviolent Communication Weekend Workshops on various topics (Intimate Relationships, Power of Requests, Naturalizing Nonviolent Communication, etc.)

**5 day Deepening Living Compassion Workshop, Robert Gonzales, Germany**

**2016-2017: European LIFE program, 2 year training (28 days), Robert Gonzales on Nonviolent Communication, Germany**

**2014-2015: Yearlong Nonviolent Communication Teacher Training, Klaus Karstädt, Germany**

**Winter 2007: Winterfreizeit, weeklong Nonviolent Communication workshop, Germany**

## **WORK EXPERIENCE**

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**2011- present: see current occupation above**

**2009-2012: Yoga Vidya e.V., Ashram Nordsee, Wangerland, Germany**

- worked as a yoga teacher giving classes and workshops on a daily base, including classes on Nonviolent Communication to the staff and guests
- communication with guests over phone, e-mail and in person for workshop registration and overnight stays, caring for guest data base
- assisting guests of the house during their stay

**2008-2009: Ecological Service Year at Association Achtsamkeit und Verständigung (Mindfulness & Understanding)**

- organizing and assisting trainings, communication with participants, workshop leader and facility before, during and after the workshop,
- facilitating team meetings for the association
- co-leading workshop days, e.g. Mindfulness Days
- creating flyer, public relation materials, representing at public events

**2007: Co-leading Workshops on Nonviolent Communication with Simon Smaluhn in Frankfurt, Berlin and Hannover**

**2006-2007: Nonviolent Communication practice group for students**

## **LANGUAGES**

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*German (native language)*

*English*

*C.V. – N. Helm, September 2021*