



**(Re)discover
the power
of
true dialogue!**

Introduction
to
NonViolent
Communication



Brussels
7-8 October 2023

NonViolent Communication, developed by Marshall Rosenberg in the 1960s, is an awareness-based approach to communication based on **clarity**, **authenticity**, **strength** and **compassion**. It helps develop **self-awareness**, restore **dialogue**, **listen** subtly to oneself and others, **decode** unspoken messages, **speak authentically** and increases our chances of **being heard**.

It has been used successfully around the world to resolve conflicts and deepen connections in relationships, communities, schools and organisations.

This two-day workshop helps you to:

- Learn how to inquire into your own **feelings** and **needs** and those of others
- Gain the deep value of **openness** and empathy instead of assuming and being right
- Explore how to **say your truth** without hurting or antagonising
- Grasp how to share your **gratitude** in a way that can be fully heard

The workshop is given in **English** and is limited to 15 participants. The weekend is largely experiential with a mix of exercises that are supportive and fun.

Your trainers:



Florence François-Poncet, a lawyer by training and former HR manager in an EU institution, is a certified NVC trainer and coach.



Sandra Becker, a lawyer by training and a certified mediator, regularly intervenes in organisations to prevent, manage & resolve conflicts, and facilitate group dynamics based on NVC and collective intelligence.

When? On 7 & 8 October 2023 - 9am-5pm (Sat), 9am-4pm (Sun)

Where? Maison N.-D. du Chant d'Oiseau, Av. des Franciscains 3A, 1150 Brussels

Price 230 € for 2 days, incl. coffee breaks & lunches + course material

Questions & Registration Florence : ffponcet@me.com

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