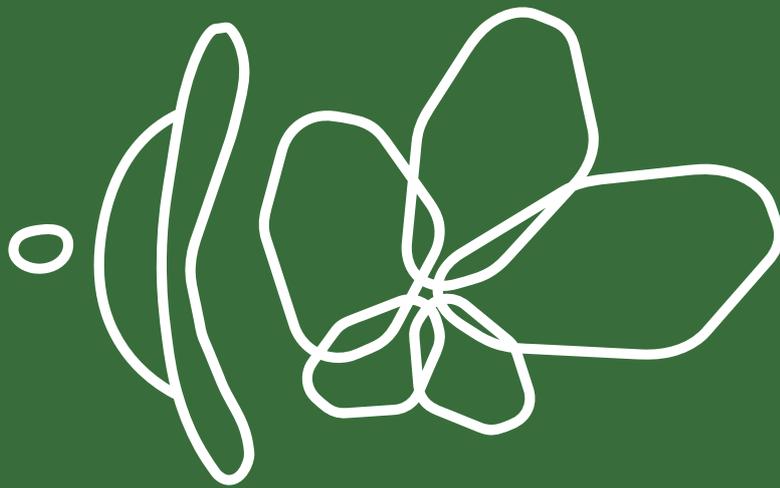


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nvc intro

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## programme name:

### **nvc introduction - workshops to get familiar with the nonviolent communication**

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## authors:

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## analysis of the context:

[How is the situation now? What is the challenge?]

*“The single biggest problem in communication is the illusion that it has taken place”*

The quote of George Bernard Shaw perfectly illustrates our starting point to design the “NVC introduction” programme.

In our practice as trainers and youth workers we use and observe communication skills on an everyday basis, and we acknowledge that not all types of communication lead to dialogue and peaceful coexistence (even when they are based on “good intentions”). We encountered communication which is violent and manipulative and we do want to offer education which promotes alternatives to it.

We also note the importance of tackling emerging challenges to peace and human rights and are looking for ways to do it in nonviolent ways. The programme “NVC introduction” combines communication with nonviolent approaches, and aims to connect humans through empathy.

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## target group:

[For whom is the programme? Who will be participating?]

The programme is designed for all kinds of learners who are willing to develop their skills in communication with empathy, as well as communication which serves to connect with the others.

It can serve learners who never had contact with the nonviolent communication, as well learners who already have experience with NVC practice and would like to deepen it.



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## learning objectives:

[Which competences of your participants you want to develop?]

With this programme we aim to develop skills of learners in the field of nonviolent communication which serves to bring connection and foster empathy.

### The objectives of the programme are:

- to develop participants understanding of the principles of nonviolent communication, including 3 modes and 4 elements of NVC;
- to map the ways of communication which disconnects us from the others and define communication which serves the connection;
- to strengthen peaceful communication skills by practicing the NVC method on examples from everyday life;
- to create learning space where learners can experience being seen and understood;
- to enable learners to communicate about current challenges to peace and human rights by using NVC.

The programme's content is inspired by the work of Dr. Marshall Rosenberg and the Center for Nonviolent Communication.

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## methodology and sessions:

[What will be inside your programme? How will you make sure it is long term and not a one time workshop?]

Working methods are based on the non-formal education approaches. Sessions include the format of role plays to implement learned approaches into practice. NVC dance floors are recommended to use for the practice part.

The programme could consist of the following sessions:

**Session 1: Introduction to empathy and connection.** Understanding what empathy is not (using role plays). Experiencing communication which disconnects. Defining empathy and its boosters. Experiencing deep listening (see inspiration: communication canva “Empathy blocks” by Co.Wonders).

**Session 2: Circle of judgements.** Exploring the meaning of judgements. Collective translation of judgements into feelings and needs (see inspiration: communication canva “NVC circle” by Co.Wonders and NVC cards).

**Session 3: NVC basic principles, its 3 modes and 4 elements.** Differentiations of observation vs. judgment, feelings v. thoughts, needs v. strategies, requests v. demands. Practice time using the NVC dance floor.

**Session 4: NVC practice.** Reminder of 3 modes and 4 elements. Working groups and practicing 4 elements on real life situations.

**Session 5: NVC and anger management.** Exploring the emotion of anger and attitudes towards it. Connecting anger and NVC practice. Dance floor in working groups.

**Session 6 : NVC and power.** Exploration on NVC practice with political clarity and a deeper awareness of power through examples on challenging dominant narratives (especially the ones existing in violent conflicts) with the use of NVC (see inspiration: Letter 7: On Nonviolence, Communication and Power by Mohamad Hamdan).

**Session 7: Practice group.** Experiencing the methods of practice groups. Discussion on the opportunities and willingness to establish a practice group.



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## format and timeframe:

The programme is thought to be implemented with the format of offline meetings structured with the frequency of one meeting every week or every two weeks. The format can be easily adapted to the online sessions.

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## evaluation:

[What will be the impact/change you would like to see? How to measure it?

The change we dream to see would be:

- the transformation of communication patterns on how we speak to ourselves and to others shifting from the violent ways into the intentional and empathetic ones;
- capacity to recognize communication which disconnects us from others and shift it into communication based on connection and empathy;
- ability to use nonviolent communication in everyday conversations;
- creation of practice groups where learners could experience being seen and understood;
- ability to connect on current challenges using NVC methods.

The impact will be measured through:

- feedback from participants: gathering ad hoc comments about the programme and creating culture open for feedback;
  - surveys: written forms to assess the change of competence at the entry and post programme level.
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## inspirations & further readings:

- **Book:** M. Rosenberg “Nonviolent Communication: A Language of Life”
- **Website:** [Center for Nonviolent Communication](#)
- **Resources:** [Communication canvas by Co.Wonders \(Empathy blocks and nvc circle\)](#)
- **Resources:** [NVC cards in various languages on website of Co.Wonders](#)
- **Resources:** [Letter 7: On Nonviolence, Communication and Power by Mohamad Hamdan](#)



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