

Nonviolent Communication
Connecting with Children
Workshop with Marianne Göthlin (Sweden) and Gabriele Grunt (Austria)

Time: March 4 – 6 th 2011, Friday 17:00 – Sunday 15:30

Place: Vienna

Note Wiki : Prix : Merci de prendre contact avec les organisatrices,-

This workshop offers an opportunity for anyone who spends time with children (teachers, parents, grandparents, psychologists...), to increase your communication skills and to foster compassionate relationships with children. The aim for the participants is to practice how to implement NVC in teaching and parenting and contribute to the child's education through dialogue and cooperation.

We will focus on Nonviolent Communication with the special application on communicating with children of all ages and practice how an empathic attitude can contribute to mutual respect and trust in the relations. In an interactive and safe learning environment, you will have the opportunity to work on your own examples. We will practice NVC through demonstrations, role-playing and exercises in order to support the NVC values and language to become more integrated.

Themes we will explore and practice:

- * How to set clear boundaries with children without transmitting guilt and shame and without using threats when they behave in a way that is not in harmony with my values or wishes

- * How to listen to create connection and cooperation when a child says No or expresses his/her need in another challenging way

- * How to mediate between children and be a model for them in how to handle conflicts and find solutions everyone willingly can accept

- * How to express appreciation, while supporting children in being self directed

- * How to take care of ourselves and at the same time care for our children

Pre-requisite for participation is an NVC introductory workshop (min. 2 days of NVC workshop) to ensure that the participants are familiar with the basic principles of NVC.

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