



Nonviolent Communication Connecting with Children

Workshop with Marianne Göthlin (Sweden) and Gabriele Grunt (Austria)
(English with German translation)

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

Place: Vienna

Price: € 230,- - 330,- (depending on income and free will), if costs are paid by the employer: € 390,-

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.

Registration and Information: Gabriele Grunt, gabriele.grunt@utanet.at, Tel: 0650 53 678 21



Marianne Göthlin
www.skolande.se

Teacher and certified trainer in Nonviolent Communication (NVC)
Received her teacher degree 1988, after which she began teaching in the Swedish state school system. Since 1990 worked in elementary schools, with teachers, parents and young people using the process of Nonviolent Communication to foster compassionate relations in learning environments. In 1998 part of establishing a school based on NVC values and principles outside Stockholm. Serving as partner in a European Union project on bringing Peace Education into kindergartens in Europe. 2009 part of initiating a programme "NVC in Education Europe" with the intention to serve the development of Nonviolent Education in European school systems.



Gabriele Grunt, M.A.
www.gewaltfrei.at

Social and cultural anthropologist, trainer. Since 1998 trainings for adults and young people, design and management of various educational programmes on racism, xenophobia, intercultural and cooperative learning. During the last years focusing on trainings based on Nonviolent Communication (NVC) for teams and organisations. As an active member of Austria's NVC network and the association „Non-Violent education“ she works with schools, kindergartens, youth organization and leads trainings for teachers, nursery teachers, educators and parents.