

UP!

Nonviolent Communication (NVC) course: Are you a giraffe or a jackal?



Communication is life

The way we communicate can unite or divide. It can lead to understanding and clarity, or incomprehensions and conflicts. Sadly the norm is more the latter than the former, at least for most of us raised with “violent” communication styles. We often interact based on moralistic judgments, blaming, criticism, and defensiveness. We imply rightness and wrongness, instead of empathy and mutual understanding.

We need a language that connects us. A language that teaches us how to ask for what we need, how to hear others even in disagreement, and how to move toward solutions for everyone's benefit. A language in which words matter. Words that create healthier relationships with anyone, anywhere, at any time. At home with kids and partners or at work with colleagues and clients. And most importantly, with ourselves.

Why NVC?

NVC is a language of compassion and collaboration that aims at building a better living for everyone. It is meant for individuals to connect through empathy, curiosity, and clarity. It is based on the principle that all human beings have capacity for compassion and that people only resort to violence or behaviors harmful to others, when they do not find effective strategies for meeting needs.

NVC allows the gradual eradication of judgmental forms of communication and the modeling of greater relationship, because it supports change on three interconnected levels: within self, between others, and within groups and social systems.

The program

The program is designed to learn the NVC principles and pragmatically introduce them in daily routine. The course is available in 2 formats:

- For individuals: 11 weekly sessions of 1 hour (face2face or online)
- For groups (max. 4 participants) : 11 weekly sessions of 2 hours (online only for now)

Prices

- For individuals: 780 Euros (ex. VAT)*
- For groups: 470 Euros (ex VAT)*

*UP! intends to leave no one behind and thus considers the opportunity to review prices in case of individual budget constraints.