

Venue

The ZedShed, Jubilee Wharf, Commercial Road, Penryn (near Falmouth), TR10 8FG, Cornwall

Next Workshop Weekends

26 & 27 May 2018

25 & 26 August 2018

(Advanced Practitioner WS: 6 & 7 Oct 2018)

Workshop Hours

Saturday: 10:45 am – 6:00 pm

Sunday: 10:45 am – 5:15 pm

Participation Fee

£ 120.00 (waged) - £ 80.00 (low income)

How to Register

Please send an email with your address to martin.althaus@dralthaus.com and we will reply to you shortly.

Further Information

Further info on www.fb.com/NVCgalore



The Concept

The workshop is based on the concept of 'Nonviolent Communication' (NVC) by the American psychologist Marshall B. Rosenberg. It has been successfully applied to defuse civil wars, racial conflict and crime prevention as well as in schools and family therapy. Today it is also used in politics and in business.

The Trainers

Claudia Althaus is an accomplished opera singer, communication trainer, executive coach and psychotherapist. As a **Certified Trainer of the Center of Nonviolent Communication (CNVC)** she offers NVC trainings and practice groups.

Martin Althaus is an environmental scientist now working as a management consultant, helping large corporations to successfully adapt to constantly changing market conditions. He teaches NVC to top executives who want to communicate more effectively.



Weekend Workshop 'Nonviolent Communication' in Cornwall



A 'Language of Life' based on the ideas of Marshall B. Rosenberg

- › Better understanding of others
- › Expressing own needs
- › Deepening connections

What is Nonviolent Communication?

Nonviolent Communication (NVC) gives you a liberating viewpoint on human interaction.

Do you have thoughts like:

- › Was it my fault?
- › Why did the situation get so out of hand?
- › Why did the other person react like that?
- › What to do with my anger?

Nonviolent Communication shows you **new approaches** to make your **conversations succeed**, even when they are about touchy subjects.

NVC helps you build and maintain a new quality of connection whenever you interact with other people.

Learning this '**Language of Life**' is a fascinating opportunity for more success and self-awareness. It changes the way we look at and deal with other people - and with ourselves.



Where can you use Nonviolent Communication?

- › Dialogue with your partner
- › With colleagues at work
- › Talking with your children
- › Relating to your parents
- › Being honest with a friend
- › Gaining more self-respect
- › Dealing with conflicts
- › In business with your clients



Participant Feedback

"Attending this seminar is a moving and mind-expanding experience."

"A lot of self-reflection. Great de-escalation tools."

"An inspiring workshop, enhancing mindfulness and self-confidence at work and in your private life. Thank you."

"Very pleasant and relaxed learning atmosphere. With good humour and ease."

"Very good methodology to communicate effectively and efficiently."

"The seminar was very motivating. Thank you for the 'food for thought!'"

"Great topic. A new language, in one easy formula. Thanks!"