

# NonViolent Communication in Antwerpen



## NonViolent Communication introduction week end organised by "Gemma"

Saturday, **27th** & Sunday, **28th** February **2016**

'Nonviolent Communication (NVC)' is a simple, extremely powerful and effective tool for improving our communication skills in all our relationships - at work, with friends, family etc. It helps us to see clearly what blocks our communication from being effective, and teaches us what we can do differently to create communication that works.

The intention of this workshop is not to 'understand NVC' but to learn to 'Embody NVC' in your life.

### You will learn

- How to be honest without being judgmental or demanding.
- How to hear the essence of what other people say, no matter how they express it.
- How to stand for your needs and assertively ask for what you want.
- How to connect through conflict.
- The power of Empathy to dissolve anger, pain, fear and hurt.
- And more...

### About 'Nonviolent Communication (NVC)

NVC is widely used all around the globe as a tool for communication, conflict resolution, mediation, coaching and self-development.

NVC is successfully used in organizations, teams, businesses, politics, prisons, schools, families and relationships in millions of every day life situations.

### About Oriane Boyer

Oriane Boyer met NVC 14 years ago with Marshall Rosenberg, she worked with many different trainers. She decided to stop her former carrier as a professional contemporary dancer and to start sharing the process of NVC herself, 5 years ago in France. She is now teaching mainly in France and Holland full time.

She is so passionate about this art of living and this art of dialogue that teaching is for her a way to continue learning and live the process.

“ NVC is the tool that brings most meaning in my life until now, i am feeling thrilled and honoured to come to Belgium to teach this art of living for the 1st time. ” Oriane

### Some of the feedbacks from participants who joined her courses

“ I would qualified Oriane's style as very «lively» she combines very clear teaching of theory with immediate practises that always bring so much authenticity and liveliness in the room! ”  
Bastienne (France)

“ Oriane created a wonderful environment during the entire weekend. It was so touching to see how she brought NVC to us with so much care and passion. I really loved the learning pace and the balance between theory and practice. I got a deep understanding of everything that was covered. I was left truly inspired and I learned so much. So much has changed in my life when it comes to connecting to people. Just today I managed to truly speak from my heart in a large group of people during an extremely tense situation. Just by keeping in mind the principles I had learned, I was able to deliver my message so clearly and touch many of the people there that it made a real difference. ” Nicholas (Germany)

“ I am so incredibly grateful for the course. I have applied NVC to my relationship and can see that it helped immensely. I have used it with my kids and today with my daughter when it was just about to get out of hand I used NVC knowledge and it worked and gave her the space she needed. I feel lighter since this weekend. I feel a different energy, a shift inside, an understanding I was missing. I have done many therapy courses, and for me, this weekend, was exactly what I was actually looking for. ” Lianne (Canada)

### When ?

27th-28th February 2016 from 10am-18pm

### Where ?

Antwerpen (more details to come)

### Contact person ?

Cecilia Carlsson (Gemma): [gemma@vzw.com](mailto:gemma@vzw.com)

### Prize ?

Slidding scale between 165 and 225 euros

