
Nonviolent Communication for Academics and Scientists

Trainer: Mark Edwards / Svenja Neupert

Duration: 2 days

Language: English / Deutsch



Applying the extraordinary communication techniques of Marshall Rosenberg to the academic and scientific setting

The work of Marshall Rosenberg has been described as nothing short of world-changing. In this challenging two-day seminar, working with applying his ideas in the scientific context, we are invited to re-evaluate the fundamental attitudes underlying our communication with others and reach a richer, more conscious understanding.

Marshall Rosenberg said that his principles offer us the chance to:

- Increase our ability to live with choice, meaning and connection, and
- Connect empathically with ourselves and others to have more satisfying relationships.

We explore how these principles operate in the scientific and academic setting. Can we really apply an approach based on 'giving from the heart' in the cut-and-thrust of daily professional life? How does not criticising or judging others sit with the long-established practices of academic rigour? Can Scientists or Academics truly be empathetic?

Principles of NVC - Day 1

- The Essential Principles of Non-Violent Communication
- Communication that Blocks Compassion
- Observing without Evaluating
- Identifying and Expressing Feelings
- Taking responsibility for Our Feelings
- Requesting That Which Would Enrich Life

Application of NVC - Day 2

- Receiving Empathically
- Connecting Compassionately with Ourselves
- Expressing Anger Fully
- Conflict Resolution and Mediation
- Liberating Ourselves and Counselling Others
- Expressing Appreciation in Nonviolent Communication

This seminar comprises inspirational input, group work, discussion and individual exercises which combine to form a powerful learning experience, with lasting effects.