



2021

# Communicate from the heart: Foundations of NVC

For Youth Worker/Youth Leader & Mentors/Facilitators & Trainers

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Every Wednesday from 18:30 CET from **31st March - 5th May** (2 hours)

·Environ·Mental·

# Why?

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This course invites you to take a perspective on communication, one based on **honest and compassionate** relating that you can use both in your personal and professional life.

To connect with your **authentic self**, meeting your body, your feelings, and your thoughts *as they are*.

To connect more authentically and **empathically** with others, hearing the **message behind judgments** and learning to empathize, rather than sympathize.

PLUS: NVC is a great tool to navigate conflict!

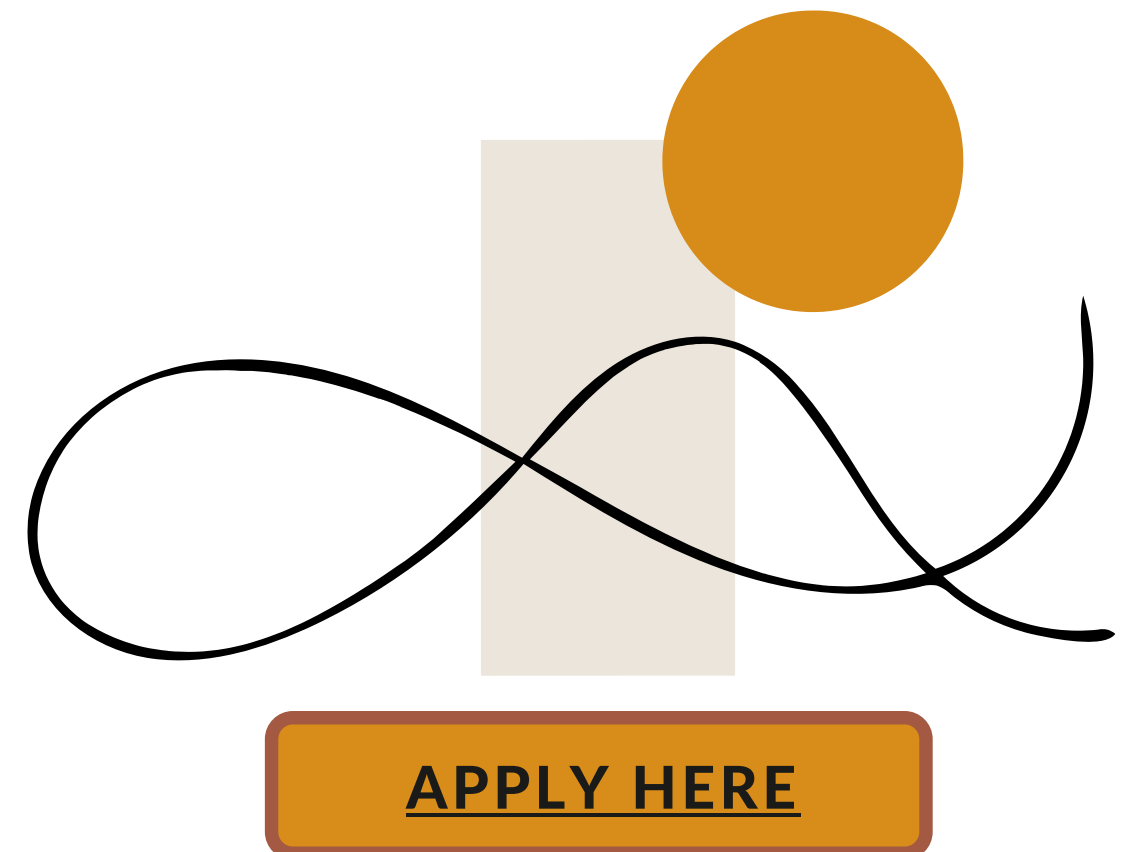
We will explore **how to use conflict as an opportunity** for connection with the other and to what's important for us.

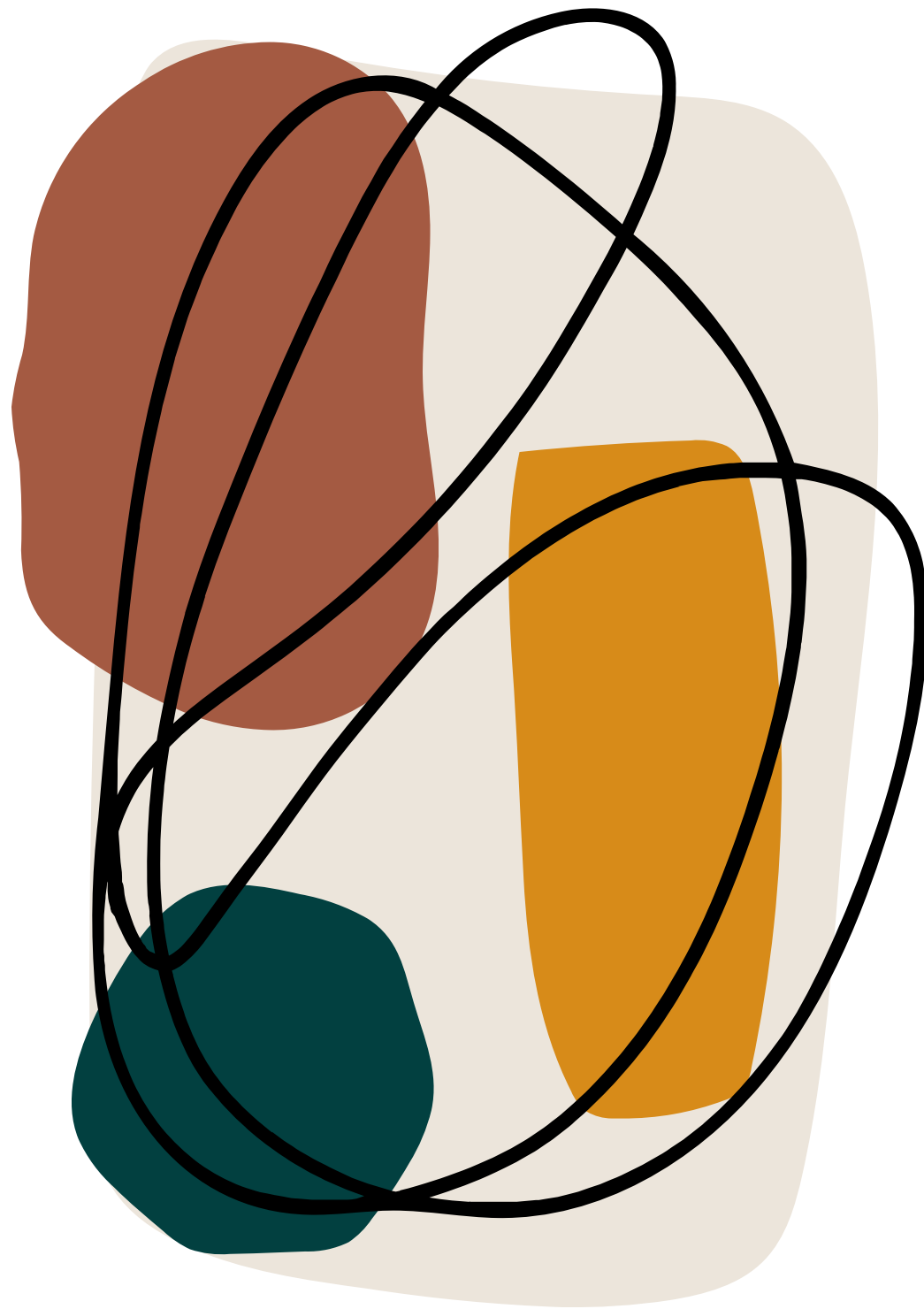
# What? will you get out of this:

The basics of Nonviolent Communication (NVC  
as a model that assumes that under each action  
we take there is a human need trying to be  
fulfilled.

NVC Inspiration

- ◆ A safe space to also work on your own struggles
- ◆ To express yourself honestly in ways that people can hear
- ◆ Confidence in expressing what you want





# How? method

The Holy Trinity of:

## ◆ **Nonviolent Communication**

What's alive in you right now? What is so important for you in this situation? How to never hear a no again?

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## ◆ **Embodiment**

Where does your body want to move? What are you learning from your body? What would your body say?

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## ◆ **Practice**

Self-empathy, Empathy Buddies, Group Harvesting (Sharing)

# Who?

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Zsofi



Joanna



Elena

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Please note, that none of us is a certified NVC trainer, so that you cannot use the hours of this course for your own professional certification. The three of us are learning NVC in Connecting2Life and we implement the method actively in our training courses and coaching practice.





*"I have a background in the field of Psychology, Mental Health and Personal Development.*

***My passion is in provocative and systemic coaching - to work with the tools of humour and intuition.** My mission is to bring lightness in serious topics, and to support individuals and groups to create a new perspective that is sustainable in the long-term."*

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## Zsofi Gaudi

MENTAL HEALTH COACH & TRAINER  
FOUNDER OF UNFOLDING - TRAINING AND COACHING.

[www.unfolding-tnc.com](http://www.unfolding-tnc.com)



*“I do coaching and Theatre of the Oppressed training. **With a background in Cultural Anthropology, I am interested in Psychological Anthropology, Bio-energetic Analysis and Yoga.** I love to travel, explore and experience cultures, Food Anthropology and theatre. Lately, my work is mainly focused on creating educational opportunities for young people in the Erasmus + Programme context and coaching.”*

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## Joanna Nikolova

CULTURAL ANTHROPOLOGIST  
LIFE & CAREER COACH, YOUTH WORKER

Joanna's Crazy Coaching







*"I am a facilitator and a mover working with embodied experiential learning methods. I organise workshops and events on embodied connection and expression in The Netherlands, drawing from my background in educational psychology, contemporary dance and Nonviolent Communication. **I work with authentic self-expression using honesty, empathy and movement to support a simple, connected and juicy life experience.**"*

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## Elena Zanchetta

EMBODIED FACILITATOR, NVC COACH & MEDIATOR

The Emphatic Fox





# When?

**31st March:** Active  
Listening + Camera  
Language

**7th April:** Thoughts

**14th April:** Feelings

**21st April:** Needs

**28th April:** Strategy & Request

**5th May:** NVC Practice

# Where?

*I wonder if you can guess?..... Wait for it..... ON-LINE in ZOOM!!*

[APPLY HERE](#)



# Investment

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**Our intention is to do this course affordable for everyone!**

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**For this 6-sessions online course, the fee is a choice of between €120 - €200.** The choice of fees depends on your income and willingness to contribute. The idea behind a sliding scale is that we all have different current financial situations, and we like to be flexible so that your financial contribution fits your financial situation as well as your personal wish to support us. .

We ask for an **initial transfer of €70** to secure your spot in the course. You are welcomed to transfer the remainder after the course, up to the amount you wish to contribute with.





# How to Apply?

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By filling out and submitting this application form you will be applying to Environ.Mental 6-week Nonviolent Communication programme and agree to our Terms and Conditions. Your place is confirmed once you send us the initial transfer.

[APPLY HERE](#)

If you have any questions, please contact Zsofi or Joanna at:  
[askaway.environmental@gmail.com](mailto:askaway.environmental@gmail.com)



