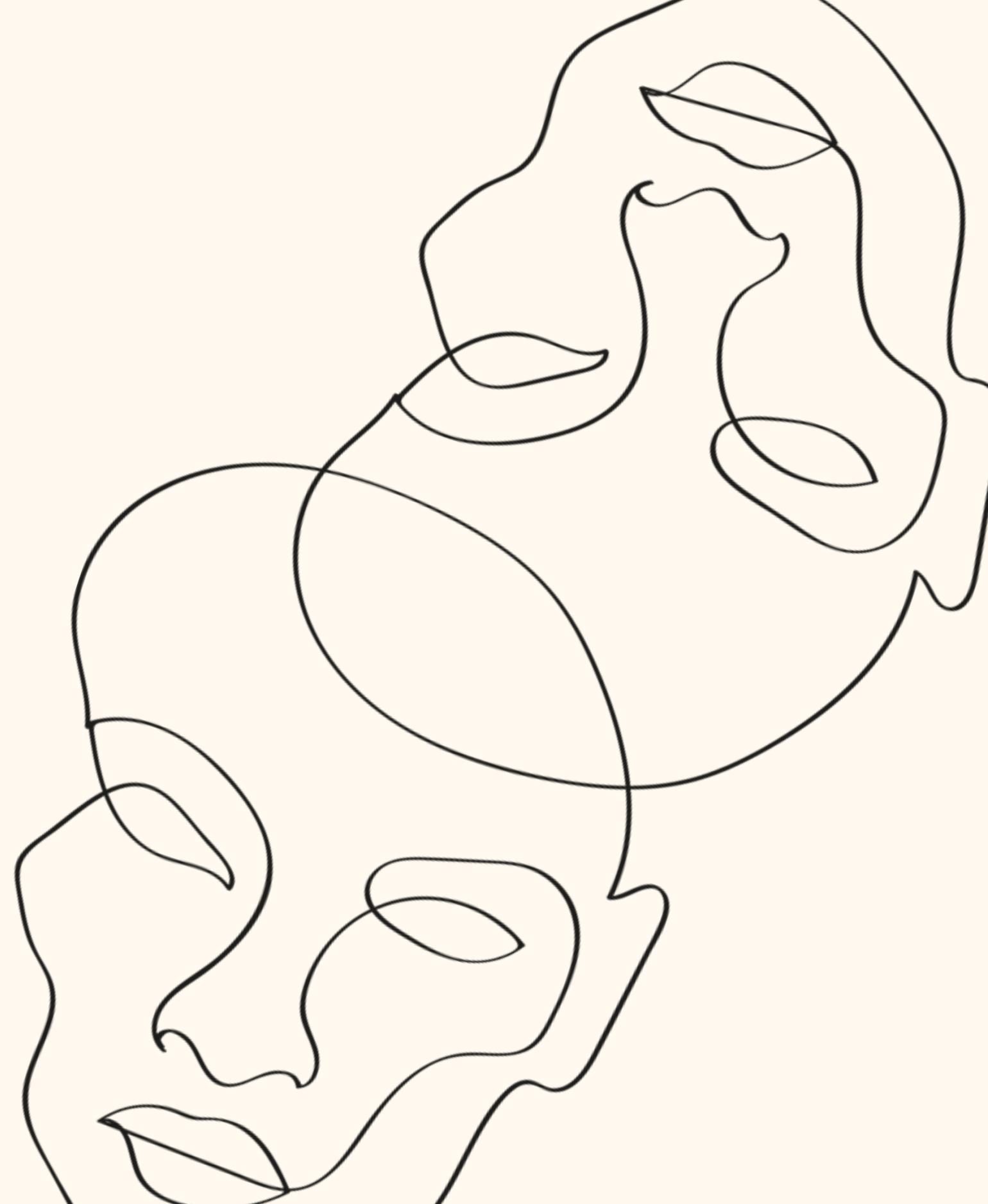


# ELEMENTS OF CONNECTION

TRAINING COURSE ON CONNECTION  
& CONFLICT RESOLUTION



BY JOANNA NIKOLOVA



# RESULTS

This training course is designed to transform the way you connect with other human beings.

After this training course, you will improve your communication skills and the way you connect with others.

You will be able to establish meaningful, open and honest connections that allow you to meet people beyond social roles.

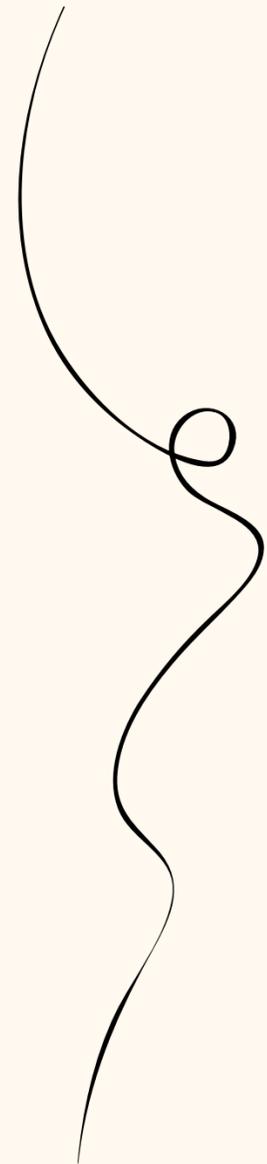
You will be able to express your authentic and vulnerable self while being more assertive and connected to your own needs.

You will be able to explore conflict as an opportunity for meaningful connections.

7 group sessions  
Every Monday  
18:00 - 20.00 CET  
Zoom

7, 14, 21, 28 | November  
5, 12, 19 | December

## DATES & TIME





# TOPICS

- Authentic communication
- Body Awareness
- Communication styles
- Verbal & Nonverbal communication
- Feelings - Emotions - Needs
- Conflict styles
- Expressing anger
- Judgements
- Empathy
- Active listening

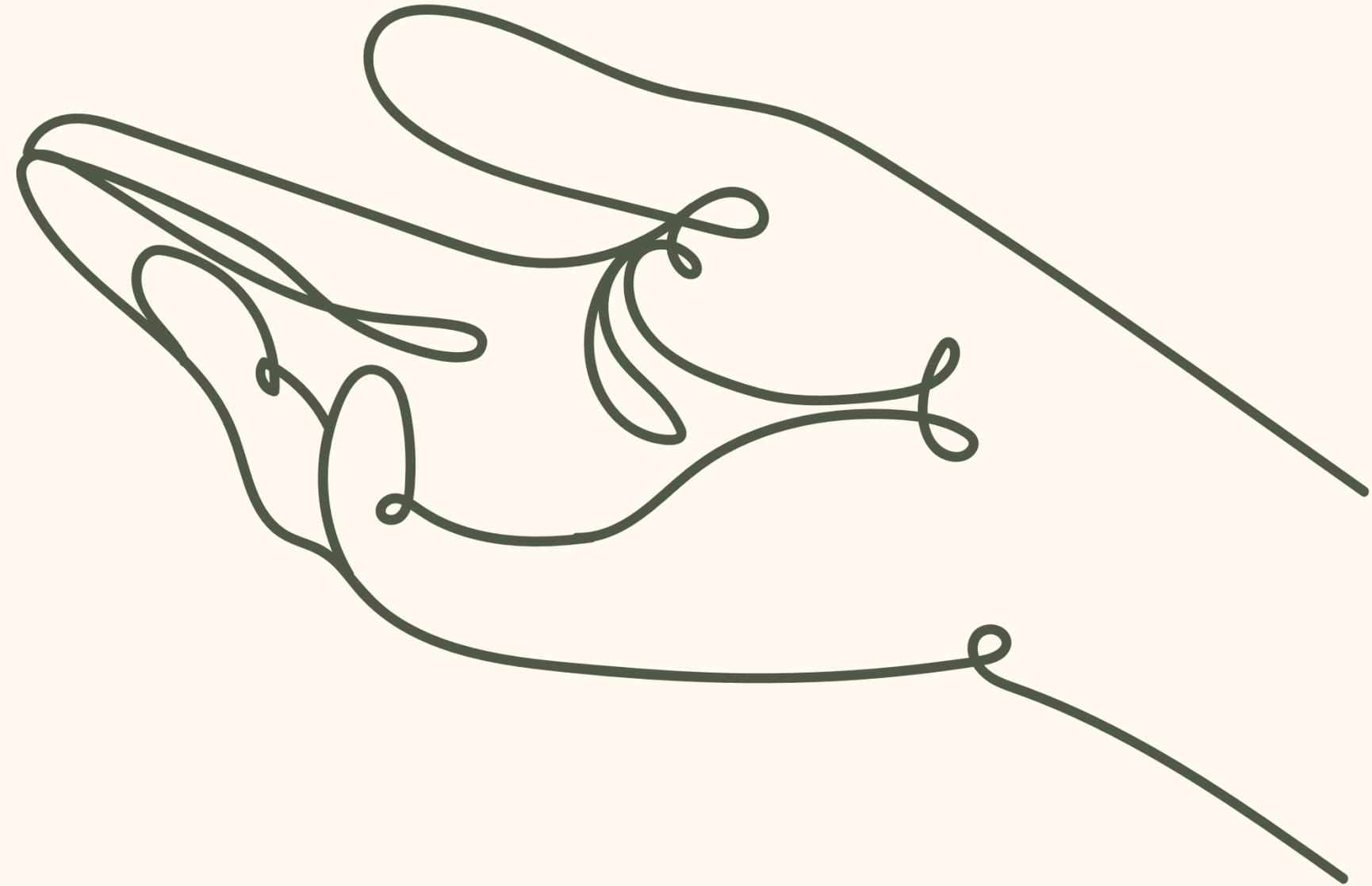
# REGISTER

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**REGISTER HERE**

Participation fee for 7 sessions: 110 Euro

The participation fee includes:

- 7 group Zoom sessions
- 1 individual coaching session
- Handouts
- access to Zoom recordings
- WhatsApp support system



# FACILITATOR

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## Joanna Nikolova

Joanna is a trainer at Association "Alter Network" (Bulgaria) and a coach and facilitator in Olde Vechte Foundation (The Netherlands).

She does training courses on Coaching, Body Awareness, Conflict Resolution and Communication.

Her background is in Cultural Anthropology and Theatre, with completed professional courses in Coaching, Nonviolent Communication and Systemic work.

