

# BUILDING BETTER RELATIONSHIPS

Deepen and strengthen your relationships at work and at home with  
Nonviolent Communication

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## WHAT IS NONVIOLENT COMMUNICATION (NVC)?

NVC is a **way of being**, expressed through particular ways of thinking, speaking and relating to one another.

It enables us to:

- stay grounded, even in the face of strong emotions
- find constructive ways of dealing with conflict
- build, strengthen or repair relationships
- set boundaries
- understand and welcome difference
- make decisions efficiently and effectively
- find ways round difficulties that everyone can live with

It promotes:

- authentic and respectful communication
- trust
- empathy and understanding
- respect for difference
- connection between people

*'I think (NVC) might just have transformed my life... I discovered a new sense of peace, acceptance and joy with my partner as I was able to release both of us from expectations and miscommunication that I hadn't even realised were there.'*

Emily Oliver

## WHO IS THE PROGRAMME FOR?

You may simply want to know more about Nonviolent Communication and what it can offer you. Perhaps you have already come across NVC and can see its potential. If this is the case, you will be most welcome. This was my own motivation at the start.

You might have more specific reasons, though.

Maybe you are a parent, wanting to find ways of being more understanding and compassionate to your children.

Maybe you're in a relationship that isn't working well. You might even be on the road to divorce.

Maybe you're finding it hard to deal with power play or conflict at work.

Maybe you're a coach or mediator, looking for new insights and processes to use with clients.

Whatever the nature of your relationships, NVC can help you to:

- handle conflict confidently and assertively
- manage strong emotions – your own and other people's – with dignity and care
- stand up for yourself and set your boundaries (at work and at home) so that you don't get taken for granted and walked over
- find your true voice and express yourself assertively, even when you're under pressure
- break communication habits that are damaging to relationships at work or at home
- build trust
- find the clarity and confidence to set your boundaries by choosing when you say 'yes' or 'no' and meaning it
- hear what lies behind people's outbursts of anger or aggression and respond accordingly
- enable people with strongly opposing views to hear one another differently
- heal old wounds and promote reconciliation

## ABOUT THE PROGRAMME

From my own experience, and from what numerous participants have told me, a two-day workshop (*the Foundation Training in NVC that is the entry point for many people*) generates lots of enthusiasm and interest but for many people, something more is needed to make the learning take hold.

For that reason, I have designed a 3-part programme (plus an introductory webinar) that goes further and that:

- covers the concepts and principles of Nonviolent Communication
- provides guidance on making small changes over an extended period of time, so that you can experiment in real situations and discuss the results with me and other participants
- gives you personal feedback to help you consolidate your learning.
- provides you with a cost-effective way of getting individual attention.

## INTRODUCTION

A 'Getting to know you' interactive webinar (optional). Its purpose is for:

- participants to introduce themselves to one another and to me and to
  - share their reasons for undertaking the programme
  - voice any concerns they might have
- me to explain how the programme works and how I invite participants to engage with it in order to get the most out of it
- me to give you a whistle-stop tour of the essential elements of NVC, to prepare you for the self-study modules.

## PART 1: 10 SHORT SELF-STUDY MODULES

These cover the key principles and distinctions that characterise NVC.

They familiarise you with:

- the intention of nonviolent communication
- four elements that help to make our communication nonviolent
- the way our thoughts shape what we feel and do
- the process of self-empathy and how that helps us to regulate our emotions
- ways of transforming blame and criticism of others into empathy for them.

*'Having the course spread over two months worked really well with my busy schedule. I enjoyed being able to learn on my own with the written material and still find myself referring to it'*

*Lorna Antelme*

*'I enjoyed working when it suited me and having the time to review the material and your emails when it suited me. I also liked the way the modules gradually got more demanding.'*

*Raoul Antelme*

## PART 2: TWO-DAY WORKSHOP (OR ONLINE EQUIVALENT)

(NB: If you can't get to the workshop, I offer 2hrs of 1-1 coaching online as a substitute)

When we meet face to face, you will practise:

- the silent, internal processing that will enable you to manage your emotions and speak from the heart, even in highly conflictual and challenging situations
- expressing yourself without blame or criticism of others
- receiving other people's strong feelings with empathy
- dealing with anger – your own and other people's
- offering appreciation and gratitude in meaningful ways.

The scenarios we work with will mostly be based on situations that you and other participants bring so that everything is grounded in real life.

## PART 3: TWO WEBINARS

These interactive online webinars will help you consolidate and put into practice what you have learned in the first two parts.

Each one will run for 2hrs.

They will cover topics including: • self-empathy • empathy towards others • anger • asking for what you want • gratitude and appreciation.

There will also be room to explore your own particular challenges and to explore anything that arises in the course of the webinar.

*'I was surprised by the power of the emotions that surfaced at the workshop. The group was amazing!'*

*Raoul Antelme*

*What I loved about it was the way it brought to life the principles of Part 1. I intellectually understood NVC but doing experiential exercises had a huge impact on me. I noticed something profound about my habitual reactions, and it softened how I am with others. I left with the determination to get from scratchy, prickly reactions to a more peaceful way in the world.*

*David Evans*

*The webinars were really convenient and helped reinforce what I'd learned... a practical way to continue group work that just wouldn't have been possible for me otherwise.*

*Raoul Antelme*

## DELIVERY OF THE PROGRAMME

### Introductory webinar

**Date:** 09.30 – 11.00 on a day to be decided between those who are signing up.

### Part 1: Self-study

Self-study written material will be available as soon as you have signed up for the programme. So you can begin exploring NVC immediately.

## Part 2: Two-day workshop

**Venue:** Hindhead, Surrey.

**Time:** 10.00 – 17.00

**Date:** 28<sup>th</sup> - 29<sup>th</sup> October

## Part 3: Webinars

**Time:** To be agreed

- 09.30 – 11.30 (if taking place on a Saturday)
- 19.00 – 21.00 if on a weekday evening
- at another time on a weekday by agreement

**Medium:** The interactive webinars will be conducted using Skype and will explore the applications of NVC. Details will be sent nearer the time.

**Dates:** We will jointly schedule dates so that everyone can attend two webinars. This might mean scheduling more than two dates so as to accommodate everyone.

I also invite you to submit to me reflections, questions, and reports of situations handled well or not as well as you would have liked. I will comment on what you have written, to draw out aspects of NVC.

## MY ROLE

The purpose of the introductory webinar is to:

- begin to establish a sense of community and shared sense of exploration
- introduce the essence of Nonviolent Communication and enable me to answer your questions about the programme
- arrange webinar dates and times.

**In Part 1,** I will be:

- checking your responses to the conceptual exercises
- reading and commenting on any stories you choose to share, from the perspective of NVC
- guiding your attention to what to look out for.

**In Part 2,** I will be adopting the role of facilitator, coach and teacher, guiding you through interactive experiential exercises, and weaving in new aspects of NVC as necessary.

**In Part 3**, I will be facilitating the webinars and including a mixture of teaching and coaching. I will also invite you to work through certain things ahead of each session and will give feedback on each exercise that you complete and return to me for comment.

## WHAT I ASK OF YOU

The programme spreads out over two months. This allows ample time to reflect, apply and experiment. However, it also allows time to go by without your taking any action. My invitation to you is to commit to:

- frequent short periods of reflection on what you notice in others and in yourself that is relevant to the NVC process
- making brief notes about what you have noticed.

You might also enjoy setting dates for Skype calls with a ‘buddy’ from the programme, to work through the exercises, review progress, discuss the concepts and celebrate successes. What gets submitted to me for comment could be a joint effort.

During the workshop and webinars, my request is that you show up prepared to:

- engage with an open mind
- be open hearted and willing to be vulnerable
- contribute in ways that support your own and other people’s learning
- laugh and cry, if that’s what’s alive in you.

### COST

I ask £290.00 for the programme.

If lack of funds would prevent you from joining, please contact me. I genuinely do not want anyone to be denied the possibility of participating.

### BOOKING

Please complete the form on [www.jo-mchale.com/workshops](http://www.jo-mchale.com/workshops)



Jo McHale

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