



ALIGNMENT

EXAMPLE OF THEMES WE CAN EXPLORE TOGETHER

Communication & Cooperation at the workplace

Establish win-win relationships that enhance trust, motivation and sustainable cooperation at the work place.

Collaborate in a multicultural environment

Using our cultural differences as a leverage to build respectful and cooperative relationships.

Resolving conflicts

Going from “who is right, who is wrong” to mutual understanding and cooperation.

Exploring the foundations of the NVC process

Learn the foundations of the NVC process and discover how it can help us strengthen our personal and professional relationships.

The surprising purpose of anger

Instead of suppressing our feelings or blasting someone with our judgements, let's explore how to use the anger to discover what we need and how to meet our needs in constructive ways.

Transform destructive guilt into constructive responsibility

Detect the impact of our thoughts and it's relation to guilt and learn how to clarify, make choices and take responsibility, leading to autonomy and self esteem.

Go past and transform our limiting core beliefs

Recognize and transform our limiting core beliefs and learn how to cultivate our freedom and power to choose.

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