



ALIGNMENT

UPCOMING WORKSHOPS

8 October 2016 **Nonviolent Communication and meditation**

An introduction to the Nonviolent Communication process together with the power of meditation, co facilitated by Arif and Karin. For more information: www.innerspaceabudhabi.org

Theme: introduction to the NVC process

- Language : English
- Time : 3pm – 6pm
- Location : Innerspace, Abu Dhabi

For all on going monthly workshops

Please contact Karin (info@alignment.se) for dates and location.

OVERVIEW OF WORKSHOP THEMES

Exploring the foundations of the NVC process

Half and full day sessions every month in English, French or Swedish

Goals of these sessions:

- Acquire the foundations of the Nonviolent Communication (NVC) process
- Learn to welcome our emotions and clarify our needs and values
- Practise how to express our selves with clarity and objectivity without judging or criticizing the other
- Develop awareness and ability to choose how we respond to a message we do not enjoy
- Practise Self-empathy
- Listen with empathy
- Give and receive appreciations
- Practise the dancing dialogue

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Deepening your knowledge of the Nonviolent Communication

Full day sessions every second month in English, French or Swedish

Goals of these sessions:

- Live and adapt in a multicultural environment
- The surprising purpose of anger
- Resolving conflicts
- Transform destructive guilt into constructive responsibility
- Express and hear a “No”
- Go past and transform our limiting core beliefs

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