

# Training

## Non-Violent Communication



Non-Violent Communication (NVC) is a way of thinking, speaking and reacting based on mutual respect and comprehension.

Thanks to NVC your collaborators will be able to communicate with sympathetic consideration for each other.

As soon as the training starts they will be aware of the way they usually communicate. The rest of the day will be filled with hands-on exercises that will allow them to better manage their day-to-day communication.

A smoother communication between your collaborators will positively impact life, well-being and profitability at work.



Overview:  
where do  
you stand?

Facts and  
opinions

Feelings

Needs

The final  
request

**NVC is a simple and efficient tool  
that will allow for quality  
relationship at work**

1-day training

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