



Building positive communication in and outside the classroom

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

Emotional Intelligence (EQ) is the ability to understand, use and manage emotions. It helps communicating effectively and conciliating conflict.

As soon as the training starts participants are made aware of the way they usually communicate and the way they deal with their emotions. The rest of the session is filled with guidance and hands-on practice that allows for better management of day-to-day communication.

A smoother communication among your collaborators and their students will positively impact school life in supporting positive professional interactions with both students and parents.



Overview:
where do
you stand?

Facts and
opinions

Emotions

Needs

Final
request

NVC and EQ are simple and efficient tools that allow for quality relationship at school

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ABOUT THE TRAINER

Marie-N. Peeters has been a registered mediator by the Belgian Federal Commission for Mediation since 2016.

She started her career as an expat in the United States of America working in a desegregation program of education.

For 12 years she held various positions in businesses in Belgium.

Marie worked as an educator in international education for 15 years.

Today she works as a transition coach for adults and gives academic guidance to teenagers and young adults.

Marie holds a Belgian teaching degree in foreign languages, a French Bachelor of Arts in English and a British Master's and Doctorate degrees in International Relations.

She regularly gives talks about mediation and provides trainings on optimizing communication, dealing with stress, building positive relationship at work and addressing conflict in a different way.

Marie is Belgian and trilingual. She is the mother of 3 young adults.

INFORMATION & FEES

3-hour training (negotiable)

Tariff upon request (coaching@better-insight.com)

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Example of WORKSHOP proposal

Once the school leadership has communicated their objectives and framework to the staff for the school year (among which the communication flow and frequency), the importance of communication will be put forward in this workshop.

1. Where do you stand: What type of communicator are you? How able are you to recognise the emotions in yourself and in others (EQ)?
2. Observation of a case study and collaborative reflection
3. The OFNR (or NVC - see chart on page 1) communication process + role plays
4. Debrief:
 - Which good communication reflex did you already have that the workshop confirmed?
 - What new communication reflex did you learn that you will definitely use in class in the future?
 - What old communication reflex will you definitely drop from your previous behaviour?
 - What will you transmit to your students from the first day back at school and that will make everyone's life easier in class?

Support will be provided throughout the year.

You have got the power to make your classroom a better place to learn! Go for it!

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