

Effective Relationships with NVC

CEGOS SWISS. ONE ESSENTIAL AT A TIME.



What's in it for you?

Being truly attentive and in touch with one's needs and those of others, creating a caring framework that allows feelings to emerge while respecting everyone, are major assets for communicating effectively.

In a world craving genuine connections, effective communication is the linchpin for understanding and harmony.

Communication isn't just about words; it's about reconnecting with emotions and fostering empathy. Through our Effective Relationships with NVC learning journey, your people will learn to embrace self-awareness, hone empathetic listening skills, and gain tools to navigate conflicts with empathy and understanding.

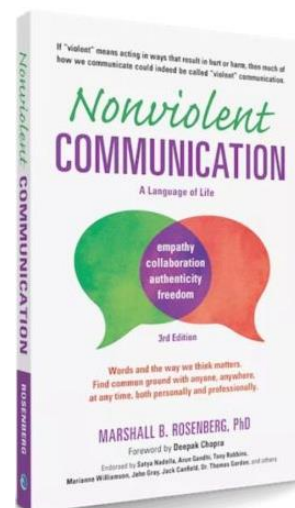
Rooted in Marshall Rosenberg's Non-Violent Communication (NVC), our learning journey unveils the keys to creating a safe and empathetic space for genuine expression, taking your people on a transformative voyage empowering them to navigate dialogues with empathy and authenticity.

With our learning journey, you provide your people with the opportunity to embrace the power of attentive listening, self-awareness, and empathetic engagement, fostering a caring framework where emotions surface respectfully, facilitating effective communication.

Who should attend?

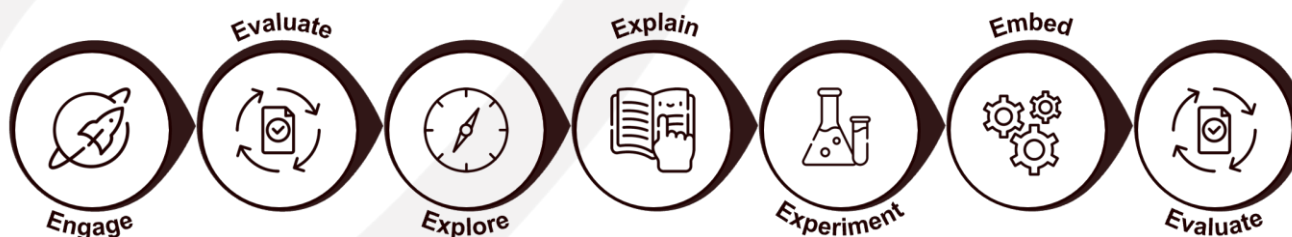
Everyone in the organization.

Good to know:



Cegos Learning Framework

We apply our holistic and dynamic Learning Framework to build learning journeys that deliver more than just awareness of competencies and skills.



Every journey engages the learners beyond knowledge, learning step by step, to explore, experiment and embed their learning, transforming skills into performance.

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By completing this learning journey, they will:

- Enhance self-awareness: reconnect with emotions, fostering a deeper understanding of personal needs and emotional landscapes, paving the way for responsible and empathetic communication.
- Cultivate empathetic listening: develop adeptness in empathetic listening, recognizing self-blocking mechanisms, and mastering different listening levels, nurturing interpersonal and civic skills.
- Resolve conflict with NVC: equip themselves with tools to anticipate and resolve conflicts using the NVC process, delving into emotional release, attunement, and personalized development plans for conflict resolution.

A proven model:



The 4 components of the NVC model

Digital learning:

- [The art of empathy](#)

#MAKINGADIFFERENCE

Delivery modes:



Blended learning accessible in our [LearningHub](#).



Can be delivered **in-person and/or virtually** as most appropriate to you and your learners.

Duration: 14h total learning



6 hours of instructor-led learning.



8 hours of self-directed and on-the-job learning.

REF: NVC

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“Words are windows (or they’re walls).”

#TIL