

COMMUNICATION FOR ORGANISATIONAL GROWTH AND SUSTAINABILITY



Trainings in Compassionate Communication for Teams and Organisations

enCOMPASSion is keen to support organisations committed to communication, growth and sustainability, and who value their employees and teams as part of the greater whole.

To this end, enCOMPASSion offers *C.O.G.S.: Communication for Organisational Growth and Sustainability*, a set of training modules based on the idea that organisations are fuelled foremost by their human potential. When nourished, this human potential can lead to innovation, creativity, and growth.

Read below or get in touch to find out more!



COMPASSIONATE COMMUNICATION

Compassionate Communication is a training model that offers both a doable process and a deeper consciousness for collaboration, and creating healthy systems of communication, work, play, and growth. Also known as Nonviolent Communication, or NVC, Compassionate Communication is based on the work of Dr. Marshall B. Rosenberg.

Introducing Compassionate Communication in an organisation can have many benefits, including

- Introducing compassion as a radical, doable tool that promotes sustainability and healthy interpersonal relationships
- Deepening connections and building trust in teams for greater collaboration
- Remaining connected and considerate even conflicts
- Promoting understanding and growth through evaluations offered in the spirit of growth and development
- Reducing office stress and improve morale
- Improvement of cooperation in the workplace
- Shifting away from “either I win or you win” and moving towards a “win-win” paradigm where every employee’s needs matter
- Living and working in a paradigm of co-empowerment for mutual and collective development



C.O.G.S. can come to your organisation in the following predesigned training modules, or in modules designed to suit your organisation's needs. These training modules can be offered for different levels of the organisation – within or across teams and departments, depending on the organisation's requirements.

FOUNDATION LEVEL WORKSHOPS



Two-day workshops with a focus on skill-building offer a safe and intensive learning space focusing on:

- Introducing compassion as a doable tool by focusing on the intention and four basic steps of Compassionate Communication
- Processes and skills for self-empathy and inner resource building, to remain rooted in difficult situations
- Practices and tools for greater presence in empathy and listening, to stay considerate even during conflict
- Strategies, tools and skills to be more present, to find greater connection with oneself and others
- Practice with live examples and role-plays in a safe, fun learning environment

CAPACITY-BUILDING INTENSIVES

Trainings spread over four weeks, with a focus on deepening capacities, where each week includes one day of intensive training, as well as practices, questions, and exercises to take home:

- The foundations of Compassionate Communication and skills in self-empathy, empathy, and expression
- Deepening practice and exercises allowing for time and space for greater absorption
- The opportunity to practice and bring questions from live situations to the learning spaces
- A safe, experiential learning space that fosters greater community and longer term transformation



enCOMPASSion is a New Delhi based firm offering trainings and consultancies in peace-building and conflict transformation. enCOMPASSion offers trainings based on Compassionate, or Nonviolent Communication for individuals and communities. enCOMPASSion is led by Manasi Saxena, M.Phil. (JNU, New Delhi), who has been a student of NVC for six years, has attended numerous International Trainings, and is actively committed to peace-building through sharing NVC in Delhi.

INTERESTED? GET IN TOUCH!

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