



Compassionate Communication for Educators



Schools can be communities of nurturing learning, creativity, inspiration, and growth. Yet, we sometimes struggle with daily communication. Making choices based on compassion rather than strategies of power can be difficult while simultaneously trying to balance emotional safety and curriculum concerns.

Introducing Compassionate Communication in schools can support teachers, counselors, and administrators to create compassionate learning communities, and to foster an environment of connection, inspiration, and safety.



What is Compassionate Communication?

Compassionate Communication, or Nonviolent Communication (NVC), is a process, language, and consciousness that guides us towards our natural state of compassion, shifting away from the paradigm of "either I win or you win", to one of "I matter, you matter, and we are all connected". NVC suggests that by directing our attention to an intention to connect, and through its doable, basic tools and skills, we can choose to move away from reaction to responding consciously, with empathy and connection.

Based on the work of Marshall Rosenberg, Compassionate Communication in schools can:

- Foster the growth of emotional intelligence alongside curriculum and textbooks
- Build life-affirming skills in self-connection, empathy, and clear, honest expression
- Help shift away from behaviour management towards inspiring and engaging students in willing cooperation
- Support peaceful conflict transformation, with mutual understanding and agreements
- Bring focus back on learning, nurturing, and growth

Building Learning Communities

enCOMPASSion offers trainings in professional development and capacity building for educators. These trainings aim to support learning communities where compassion and cooperation naturally thrive and we feel the joy of social-emotional learning alongside academic learning:

- ✚ Empower educators – teachers, counselors, and administrators – with skills and tools that help in classrooms and day-to-day relationships
- ✚ Nurture an empowering awareness of universal human feelings and needs
- ✚ Support the quality of connection with oneself to remain resourced under stressful circumstances
- ✚ Grow in their natural capacity for compassion with skills for deep empathy and understanding
- ✚ Create honest, clear communication with students based on dialogue and creativity to inspire willing cooperation
- ✚ Shift away from strategies of "power over" to manage and control behaviour, and towards strategies of "power with", to inspire learning and creativity



Foundation Level Workshops

Basic level trainings that can range from one to three days, aiming to create a safe and intensive learning space:

- ✚ The intention and four basic steps of Compassionate Communication
- ✚ Introductions to processes and skills for self-empathy and inner resource building
- ✚ Practices and tools for greater presence in empathy and listening
- ✚ Strategies, tools and skills to be more present, to find greater connection with oneself and others
- ✚ Practice with live examples and roleplays

Trainings can be designed to suit the needs of your learning institute.



Capacity Building Intensives



Longer term trainings stretched across four to six weeks, where each week includes one day of intensive training, practice questions and exercises to take home:

- ✚ The foundations of Compassionate Communication and skills in self-empathy, empathy, and expression
- ✚ Deepening 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

Get in touch!

To find out more about how you can bring Compassionate Communication to your learning community, please get in touch: enCOMPASSiondelhi@gmail.com, +917011352079, enCOMPASSion.weebly.com



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.