

## EXPLORING INTERCONNECTIONS WITH SELF AND OTHERS

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### TWO-DAY SKILL-BUILDING TRAININGS BASED ON NONVIOLENT COMMUNICATION (NVC)



enCOMPASSion would like to offer a two-day skill building foundation level training – Exploring Interconnections with Self and Others – based on Nonviolent Communication, or NVC. This training offers concrete tools and skills for transforming communication, deepening self-connection, and building healthy, thriving relationships with others.

For more information on enCOMPASSion, please visit <http://enCOMPASSion.weebly.com/>

Nonviolent Communication, or NVC, is a communication model – both processual and consciousness-based – that can create movement, flow, connection, and meaning in organisations and communities.

Based on the determinations of Marshall B. Rosenberg, PhD, NVC offers solutions to common problems in the work environment:

- Anger and miscommunication
- Implicit and explicit hierarchies leading to dissatisfaction and resentment
- Conflicts and negative patterns of communication in relationships
- Blockages in productivity and efficiency

NVC leads us to speak and listen with depth, compassion, and understanding for ourselves and for others. Using NVC can help lay the foundations for a culture of compassion – everyday compassion, both within and without. NVC can offer shifts towards a healthier work environment by shifting focus away from labels and judgements towards greater compassion. NVC can help:

- Make deeper connections within teams with a focus on practicing empathic listening
- Remain connected even during conflict and listen in a way that others feel truly heard
- Bring in a practice of radical and compassionate honesty and truth-telling
- Create a healthy work environment which fosters creativity and connection

Introductory Video: <https://www.youtube.com/watch?v=ImaehABEzAY>

Official NVC Website: [CNVC.org](http://CNVC.org)

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## EXPLORING INTERCONNECTIONS – DETAILS

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**Course Duration:** 2 days (10am - 6pm on both days)

**Number of Participants:** 8-20

**Core Modality:** Nonviolent Communication (NVC)

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### COURSE STRUCTURE

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- Day One
- Introduction to the basics of NVC
  - Four basic steps of NVC: Observations, Feelings, Needs, Requests
  - Introducing a *consciousness* of feelings and needs
  - Self-empathy: Self connection tools for building inner resources
- Day Two
- Introduction to Empathy: How to listen in a way that the other person feels truly heard
  - Deepening Empathic Listening Practices
  - Expression with a focus on needs
  - Requests: An Invitation to Connect
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### ABOUT THE TRAINER

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**Manasi Saxena** (M.Phil., JNU; Founder, enCOMPASSion) is a learning facilitator whose approach aims to tap into the natural reserve of wisdom resources within individuals, groups, and communities. A Certification Candidate with CNVC, Manasi has been part of hosting and offering trainings based on Nonviolent Communication across India, for big and small groups, and holding empathic coaching spaces for personal growth, healing, and learning. She lives in Noida with her husband and three cats.



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### GET IN TOUCH

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To find out more, or to schedule a training for your team or organisation, please contact

**Manasi Saxena** at

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We look forward to hearing from you!

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## LOGISTICS AND COSTS

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### LOGISTICAL COSTS

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We would like organisations to bear the logistic costs as this makes it doable for us to come offer this work.

Logistics include:

- Venue and arrangements, as needed
- Food and refreshment at the venue for participants
- Travel and accommodation cost for the trainer, if needed
- Cost of printing handouts (nominal)

### TRAINING FEES

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enCOMPASSion's daily training fees is Rs. 10,000/-

However, for NGOs and Social Ventures, we are offering a special rate of:

**Sliding Scale from Rs. None to Rs. You Choose.**

- **Rs. None:** We imagine this work reaching organisations who *are not* able to offer remuneration at the moment.
- **Rs. You Choose:** We also imagine reaching organisations who *are* able to support us financially. We would be grateful to receive anything you can offer, financially or otherwise. We are trusting you to choose what is most doable for you. This helps us continue this offering this work in the spirit of generosity.

We are *equally committed* to offering this training to all organisations aligned with the values mentioned above; money will not be a condition for our contribution.

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## ENCOMPASSION

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enCOMPASSion is a Delhi-based firm, committed to peacebuilding, conflict transformation, and building deep and resilient connections, both within and without.

We believe in the inherent links between inner-sustenance and sustainability, between inner-connection and inter-connectedness, and between individuals, communities and systems. We also believe that responding to violence in the world has never been more urgent.

Our core goal is to reach as many people as possible and offer this work to support effective, sustainability-driven change. To this end, we are offering this special foundation training programme for social ventures and NGOs.

We are committed to these trainings being accessible to all organisations, groups, and communities who are

- a. Dedicated to social change or catering to under-resourced groups
- b. Aligned with our values of compassion, empathy, and sustainability

We look forward to hearing from you soon!

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