



NVC Foundations online program

IMPROVES COMMUNICATION, CONFLICT RESOLUTION AND
COOPERATION SKILLS

Results of the program

- You master a way of expressing that is more likely to create connection and cooperation with colleagues, managers and subordinates.
- You master a way of listening that helps people to open up with you and helps to prevent conflict
- You have concrete tools to come up with solutions that work for all people involved
- You are more creative in finding strategies for your needs and thus have more of a sense of independence from others.
- When you feel bad you know why and what to do, making sure that emotions don't get stuck and you stay healthy both mentally and physically.
- Thanks to all of the above mentioned skills, you have more time and energy for other important goals.

What the program contains:

- ✓ A weekly video with step-by-step explanations of doing NVC, for a total of 12 weeks.
- ✓ Simple exercises, checklists, and infographics to go with every video.
- ✓ A Monthly live online meeting to practice and ask me questions. This 1 hour meeting will be recorded as well so you can watch it whenever is convenient for you. You get access to this for 6 months.
- ✓ A Facebook community to support each other and share celebrations. You get access to the group for 6 months.
- ✓ An Empathy Buddy, which is another participant with whom you can practice one on one (via Skype for example). This is optional. You can keep your Empathy Buddy for as long as you like.

Practical details

- Length of Program: 6 months, lifelong access to course material
- Entry level: Beginner
- Investment: 797,- euro*
- 14 day money-back guarantee

*occasional discounts for 597,-