COURSE BROCHURE | ERASMUS+ TRAINING

Nonviolent Communication (NVC) Language

Practise the four components of NVC to listen with empathy, express concerns clearly and make constructive requests while respecting professional boundaries.

LOCATION	LANGUAGE	FORMAT	DURATION	COURSE FEE
Multiple Locations	English	On-site	5 days	From €400 to €420

5-day programme in **Barcelona, Malaga, Porto and Valencia**. See the course page for current fees, inclusions and dates.

Course description

Communication plays an essential role in building trust, understanding and positive relationships within educational communities. Misunderstandings, emotional reactions and different expectations can sometimes create tension between learners, teachers, colleagues and families. Nonviolent Communication (NVC), developed by Marshall Rosenberg, offers a structured approach to expressing concerns, listening with empathy and addressing disagreements through respectful dialogue.

This practical course introduces the four components of NVC: observation, feelings, needs and requests. Participants will learn to distinguish facts from interpretations, recognise and express emotions, reflect on personal needs and values, and formulate clear, constructive requests. Through active listening, perspective-taking and realistic educational scenarios, they will practise communication strategies that encourage empathy, cooperation and mutual understanding while maintaining appropriate expectations and professional boundaries.

Through interactive workshops, paired exercises and guided roleplay, participants will apply NVC principles to everyday classroom and professional conversations. They will develop a practical communication action plan adapted to their educational context, recognising the importance of learner autonomy, accountability and institutional procedures when situations require formal intervention.

Who the course is for

For educators

Teachers, trainers, school leaders, mentors and other education professionals seeking to strengthen empathetic communication and professional relationships. Particularly relevant for those wishing to improve listening skills, express concerns constructively, address everyday misunderstandings and manage difficult conversations while maintaining clear expectations and boundaries.

At a glance

Course level: Basic to Intermediate Professional Literacy

Working language: English. Please **contact the team** if you are unsure about the course level or working language.

CURRICULUM FOCUS

NVC Observation & Expression / Empathic Listening & Clear Requests / Boundaries & Educational Dialogue

View the course, current editions and fees

02 / INTENDED LEARNING OBJECTIVES

Learning outcomes

The following learning outcomes describe the course's intended direction and objectives. The trainer adapts activities, examples and participant work to the group's goals, experience and learning needs.

01 **NVC Framework & Professional Application** - Explain the four components of NVC and identify how they can support respectful communication in educational settings.

02 **Observation Without Evaluation** - Describe observable behaviour and events while distinguishing facts from interpretations, assumptions and judgements.

03 **Emotional Awareness & Honest Expression** - Recognise and express personal feelings clearly without blaming others or making assumptions about their intentions.

04 **04. Needs Reflection & Perspective-Taking** - Identify personal needs and values within the NVC framework and consider different perspectives without assuming others' feelings or motivations.

05 **Empathic Listening & Clarification** - Apply active listening, paraphrasing and clarifying questions to improve understanding and encourage constructive dialogue.

06 **Clear Requests, Boundaries & Accountability** - Formulate specific, realistic requests while distinguishing requests from demands and maintaining professional expectations and boundaries.

07 **NVC in Educational Conversations** - Apply NVC principles to classroom and professional conversations, recognising situations that require formal institutional procedures.

08 **European Peer Exchange & Institutional Transfer** - Compare how European peers address misunderstandings, express concerns and manage difficult conversations, adapting suitable NVC-informed strategies to their own educational contexts.

Transfer to practice and intended impact

The programme supports participants in connecting the course learning with their own professional context. Participants consider how relevant approaches, activities or tools could be adapted to their learners, priorities and institutional settings.

1. **Identify a relevant professional need:**
   Consider which learner need, classroom challenge or institutional priority the course learning could help address.
2. **Adapt the approach to your setting:**
   Select the activities, tools or approaches that can realistically be incorporated into your own professional context.
3. **Decide what progress would look like:**
   Consider how changes in practice, learner engagement, learning outcomes or another relevant result could be recognised.

03 / COURSE PROGRAMME | DAYS 1-3

Learning Activities & Training Schedule

MONDAY - FRIDAY (DAYS 1 - 5)	08:30 - 13:30	TRAINING HOURS 5h scheduled per day (25h total)	*This is a typical timetable, subject to the provider's discretion.*

DAY 1

NVC Foundations & the Four Components

- Examine the origins and purpose of Nonviolent Communication in educational relationships.
- Identify the four components of NVC: observation, feelings, needs and requests.
- Distinguish empathy from agreement, permissiveness and the removal of accountability.
- Analyse everyday classroom and professional communication patterns through practical examples.

DAY 2

Observations, Interpretations & Emotional Vocabulary

- Practise distinguishing observable behaviour from evaluations, labels and assumptions.
- Expand emotional vocabulary to express personal feelings with greater clarity.
- Reformulate judgemental or blame-focused statements into specific observations and personal responses.
- Apply observation and self-expression techniques through paired communication exercises.

DAY 3

Needs, Perspective-Taking & Empathic Listening

- Identify personal needs and values within the NVC framework, distinguishing needs from strategies.
- Practise attentive listening, paraphrasing and open questions to improve understanding.
- Consider different perspectives without assuming certainty about another person's feelings or intentions.
- Apply empathic listening techniques to realistic conversations involving learners, colleagues and families.

04 / COURSE PROGRAMME | DAYS 4-5

Learning Activities & Training Schedule

DAY 4

Requests, Boundaries & Difficult Conversations

- Formulate clear, specific and realistic requests that allow for a genuine response.
- Distinguish requests from demands while maintaining appropriate expectations and responsibilities.
- Practise NVC-informed communication in disagreements, feedback and professional boundary-setting.
- Recognise situations requiring safeguarding, disciplinary action or formal conflict management procedures.

DAY 5

Applied NVC Conversation Lab & Transfer

- Prepare and roleplay a realistic educational conversation using selected NVC components.
- Receive structured feedback on clarity, listening, empathy, boundaries and next steps.
- Compare communication approaches with European colleagues and identify strategies suitable for different educational contexts.
- Complete course reflection, evaluation and Certification.

ADAPTABLE TRAINING

This programme is a planned framework. Specific activities, sequence, exercises and timings may be adapted by the trainer or provider to each group/edition.

COURSE RECORDS

Daily summary and attendance sheets record the schedule and a short account of each day's work, validated by the trainer and signed by the participants.

Edition-specific evidence: Learning Together maintains signed daily training and attendance records. This brochure describes the course framework; additional verification can be based on the records of the particular edition.

05 / LEARNING APPROACH & METHODOLOGY

Learning Together Methodology

Learning Together courses combine guided input supported by presentations and multimedia resources with practical experimentation, creative workshops, case-based learning and hands-on tools. Participants connect the learning to their own professional situations and progressively develop an applied outcome, which may take the form of a presentation, project, session plan, action idea, reflection or another relevant output.

Peer / trainer feedback supports refinement throughout the process, while European exchange encourages participants to compare practices, perspectives and approaches across different educational contexts.

Methods applied in this programme

Observation & Language Reframing Practice

Participants distinguish observations from interpretations and practise expressing concerns through specific, factual and less accusatory language.

Empathic Listening & Perspective-Taking Exercises

Paired exercises strengthen active listening, paraphrasing, emotional awareness and perspective-taking without assuming another person's feelings or intentions.

Request, Boundary & Conversation Roleplay

Realistic educational scenarios help participants practise constructive requests, manage disagreements and maintain clear expectations and professional boundaries.

Collaborative learning, peer exchange and reflection

Participants work with European colleagues, compare professional contexts, exchange approaches and reflect on how the learning can be transferred to their own institutions.

> **Illustrative example: Reframing a Difficult Classroom Conversation with NVC**
>
> Imagine a teacher addressing a recurring classroom problem without beginning with blame. Participants describe what can be observed, identify their own response and priorities, listen to the learner's perspective and formulate a clear request. They then consider what boundaries, consequences or formal procedures may still be necessary.

An adaptable learning experience

Learning Together courses are delivered by trainers with relevant professional & pedagogical experience, **who are fluent English speakers**. The trainer may vary by edition, adapting the activities to the group's professional context and learning goals.

Meet our trainers and explore our approach

06 / PRACTICAL INFORMATION & SUPPORT

Everything you need for your training

Your course materials and participant work

Participants receive access to course materials, including slides, presentations, worksheets and exercises made available for the sessions, through a dedicated online folder.

Depending on the activities, groups may also develop action plans or presentations. The output varies with the programme, trainer and group.

Materials to bring: None

Course package

Includes training sessions, digital materials, practical resources, administration and course-week support, welcome kit, coffee breaks and course documentation. Cultural activities and an orientation session **depend on the edition selected** (flights, accommodation & other personal arrangements are not covered).

Check fees and inclusions for your selected course.

Documents & certification

We issue Certificate of Attendance, invoice and support agreed Erasmus+ mobility documents, including Europass Mobility records. Certificate issuance follows the attendance conditions.

Send any additional school forms to our team in advance. Explore document guidance.

Provider & quality

Learning Together operates through registered organisations in every country where services are provided, each with its own Erasmus+ Organisation ID (OID). Our programmes combine clearly defined learning outcomes, participatory methodologies and practical activities, with participant evaluation & feedback at the end of the training.

Provider OIDs: Portugal E10201112 · **Spain** E10417947 · **Poland** E10419682

FROM INTEREST TO A CONFIRMED BOOKING

01
Pre-enrol

Share your course & preferred dates. Pre-enrolment is non-binding; wait for written confirmation before making non-refundable travel bookings.

02
Confirm your place

Our team will confirm availability by email. Complete final enrolment and billing details to secure your place.

03
Plan your travel

Once your booking is confirmed, you can plan your travel. Before travelling, check materials required, timetable and activities in your selected edition.

YOUR NEXT STEP

Ready to plan your course?

Check the current dates, duration, fee and edition status on the course page, then start your pre-enrolment or contact us!

View course & editions ↗ | Pre-enrol ↗

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