

Finetuning your parenting skills

Multiweek **Online** workshop for parents based on the principles of Nonviolent Communication by Marshall B. Rosenberg
Initiated and organized by Tessa Lamb and Farrah Dragon



Being a parent is a most wonderful and challenging job. Most of the time we get along pretty well and can deal with all kinds of situations to our satisfaction. And then a trigger pops up and we wish we had a manual to help us navigate that tricky situation.

In this workshop we will hear about the principles of Nonviolent Communication, celebrate together what works in your family setting and explore what can be improved gently and with care.

Workshop Content:

This course, based on the principles of Nonviolent Communication developed by Dr. Marshall B. Rosenberg is aimed at parents, teachers and all those interested in accompanying children and young people in their development. Beginners and advanced students are equally welcome. A FIRST this online workshop is open to parents in the US and in Switzerland.

Do you dream of a harmonious exchange with children, students, of moving from the grueling "action-reaction" mode to a benevolent, compassionate communication that takes everyone's needs into consideration and promotes cooperation?

Topics we will cover:

- The principles of Nonviolent Communication
- Cultivating mutual listening
- Setting boundaries, saying no
- Strengthening relationships through appreciation
- Caring for yourself as a parent/caregiver

ONLINE Workshop Times:

Fridays Feb 5th, 19th, March 5th 19th from 9:00-10:30 am (PT) Los Angeles time/ 18:00-19:30 (CET) Swiss time.

- Financial contribution

- The value I place on this program is 118.-\$/108.- CHF per participant
 - Supporting others: 198.-\$/178.-CHF pp
 - Regular price: 118.-\$/108.- CHF pp
 - Sliding scale: any amount inbetween
- Please choose the payment that you are able to make, knowing that contributions at higher end of sliding scale help support my sustainability while making it possible for those with less financial resources to participate.
- I encourage participants to look for outside resources to support them if financing this investment represents a challenge.

Registration: www.callimani.ch/angebot.php

When you register, you will receive an email with complete instructions on how to make your financial contribution (via paypal, transferwise, Twint or bank transfer) and how to access the course.

Cancellation: we request a 50% refund of your payment until Jan 25th 2021. If you need to cancel your attendance there will be no refund. You may find someone to step in for you only for the entire workshop.

- Video-Resources: If you are curious to have a glimpse at what Nonviolent Communication is, there is an abundance of youtube videos. I recommend the following short videos. They describe in a few minutes the essence of NVC.
 - Marshall Rosenberg: Self-Empathy: https://youtu.be/_WmJHBHJLIQ
 - What is Nonviolent Communication: <https://youtu.be/7L3rBTChHs8>
 - Inbal Kashtan: Parenting with Nonviolent Communication <https://youtu.be/IQO7h9MNCqI> and <https://youtu.be/xjFbsvONNs8>