



**CALLIMANI**  
Connection & Communication

## Has “setting limits” come out of fashion?

During this workshop we will explore together the world of setting limits, saying NO, receiving a NO. This exploration will be based on the principles of empathy and connection as well as on the methodology of Nonviolent Communication (observations, needs, feelings and requests) developed by Dr. Marshall Rosenberg.

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. This also happens when we want to set limits for our children’s own good or for our own peace of mind...

“Nonviolent Communication” (NVC) is the language of the heart that builds bridges. Marshall Rosenberg also called it “the language of life”. It connects people with themselves and with each other and supports them in their efforts to express honestly what is important to them and to hear the essence of the other’s sharing.

Through the examples you bring in as well as role plays and many exercises the focus is to practice, practice, practice...

Imagine learning a new language and starting out speaking in simple sentences. With time, patience, endurance, gentleness and practice your fluency in that new language will increase!

**Thursdays 9:30-12:00:**  
13th Sept  
20th Sept  
27th Sept  
4th Oct

Please sign up until 10th Sept by sending an email to [sylvie.hoerning@callimani.ch](mailto:sylvie.hoerning@callimani.ch)

**Venue:** Callimani Forum, Amerikanerstrasse 32 A, 4102 Binningen, Tram 2 to Kronenplatz, Tram 10 to Binninger Schloss, parking facilities opposite Binninger Schloss.

**Investment:** 400.- CHF per workshop incl. Tea/Coffee and handouts

The course takes place as soon as 4 people have signed up. You are welcome to tell your friends about it. A 5% reduction applies when two people sign up together.

Hope to see you there☺