



Nonviolent Communication - A Key to more Connection

Introduction Workshop

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With a mix of input and practical exercises, this introductory workshop provides you with an overview on how nonviolent communication can help us gain an understanding of our own and other people's needs and to better communicate what is important to us. We will be working with examples from private and professional contexts.

Sa-So, 07.03. – 08.03.2026

IndiTO Bildung
Training und Beratung
Estermannstr. 204
53117 Bonn

220,00 € for individuals,
300,00 € for NGOs,
400,00 € corporate rate

[Details & Anmeldung](#)

Working or living with other people can be a challenging balancing act between taking care of ourselves as well as those around us. Our lives are so busy that it can be hard for us to even detect our own needs, which makes it even harder to express them and reconcile them with what our boss, colleagues or spouse might be expecting.

With a mix of input and practical exercises, this introductory workshop provides you with an overview on how Nonviolent Communication can help us gain a better understanding of what really matters to us as well as to those around us and to communicate what is important to us more concisely. It offers new avenues for conflict resolution as well as tools to deal with intense emotion and overwhelm.

This way everyone can be considered, and we remain more connected with ourselves and one another even during difficult situations.

Please bring your own examples from personal or professional contexts to work with.

Ihre Dozierenden



Linda Crawford

Linda ist Heilpädagogin, CNVC-zert. Trainerin für Gewaltfreie Kommunikation und Yogalehrerin. Auf Deutsch und auf Englisch arbeitet sie ganzheitlich als Trainerin, Referentin und Coach zu einer Bandbreite von Themen der Persönlichkeitsentwicklung und (mentalen) Gesundheit - mit Methodenvielfalt, Tiefe, Humor und Authentizität.

