

LOOK LIKE ME

OFFERING



SUMMARY

Nonviolent Communication known as NVC is a model of interpersonal communication developed by Marshall Rosenberg based on honesty and empathy. To communicate with the attitude of "giving from the heart", in the spirit of the non-violent communication, we need to express the four areas known as the four elements of the NVC model: **observations, feelings, needs and requests.**

Author of the NVC model called it "the language of the giraffe" - he chose this animal as a symbol as having the greatest heart and great sensitivity, thanks to its long neck looking into the distance and seeing the consequences of its actions and words.

OBJECTIVES



OUTCOMES

- **EMPATHETIC ATTITUDE**

Called "giving from the heart"

- **OBSERVE WITHOUT JUDGING**

Paying attention to others with respect

- **RECOGNIZE AND EXPRESS FEELINGS**

What we feel towards our partner's behaviour?

- **ADVANTAGE FOR BOTH SIDES**

The one who gives and the one who receives

- **EMPATHY**

Listen to yourself and others.

- **CONNECT FEELINGS AND NEEDS**

Then you can make a specific request



ACTIVITY IDEA

OBSERVATION'S WITHOUT JUDGEMENT'S

A teacher provides a list of examples of the sentences referring to the common everyday situations. Some of the sentences have elements of judgement some don't. The class classifies sentences as observations without and with elements of judgement. The classification should be the trigger for the discussion on empathetic attitude in communication in the spirit of NVC. Example: He does everything at the last moment vs. He studies for his exams the night before.

More examples can be found in the source literature below (especially 4th title).



REFERENCES

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