



## 3-Hour Workshop on Nonviolent Communication for Youth Workers

**Type of event:** Short, interactive training session with digital engagement before and after the workshop

**Target group:** Youth workers

### Short description of the training:

This workshop provides youth workers with practical Nonviolent Communication (NVC) tools to improve dialogue with young people, resolve conflicts constructively, and create a safe, respectful working environment. Through quick preparatory engagement, dynamic live activities, and follow-up reflection, participants develop skills in empathy-based listening, authentic self-expression, and creative problem-solving. The programme encourages active participation, peer learning, and sharing of resources for continued practice.

### Framework (structure)

#### Before the workshop

- One-question poll: "What's one thing you hope to walk away with?"
- 30-second intro video challenge: "Say your name and the weirdest job you've done."

#### During the workshop

1. Live collaborative notepad: A shared document for participants to capture and edit key takeaways in real time.
2. Live quiz (Kahoot!): Fun, energetic recap of the most important concepts from the session.

#### After the workshop

- One big insight wall (Padlet): Participants post their key takeaways; others can like or comment.
- 1-week reflection email: Prompt - "What did you try? What surprised you?"
- Shared resource collection (Google Doc): Videos, articles, and workshop links provided by facilitators; participants can add their own recommended resources

