



Title: 3-Day Workshop on Nonviolent Communication for Teachers

Type of event: Intensive in-person and online training with preparatory and follow-up activities

Target group: Primary and secondary school teachers

Short description of the training:

The workshop equips teachers with practical tools of Nonviolent Communication (NVC) to improve relationships, manage conflicts constructively, and create a respectful, supportive classroom environment. By combining preparatory digital activities, interactive sessions, and follow-up practice, participants gain hands-on experience in empathy-based communication, strengthen their ability to listen and express themselves authentically, and develop a toolkit for daily school situations. The programme fosters peer support and continuous learning beyond the training days.

Framework (structure)

Before the training

- “Empathy Wall” (Padlet or Miro): Teachers anonymously share a recent challenging classroom moment, setting the stage for applying NVC to real-life contexts.
- Short introductory video: Overview of the basic NVC concepts to save time during the live sessions.

During the training

1. Interactive communication channels
 - WhatsApp / Signal group or Slack channel for peer empathy buddy check-ins and real-time reflections during the workshop.
2. Collaborative needs dictionary
 - Shared Google Doc for building a “needs dictionary” based on actual school situations shared by participants.
3. Live practice and role-play
 - Application of NVC steps to real cases from participants, supported by peer and facilitator feedback.

After the training

- NVC Practice Challenge: Weekly email with one school-related scenario and a reflection prompt for ongoing skill development.
- Peer empathy circles (online): Matched participants meet for 3 online sessions over the following month to deepen practice and provide mutual support.

