



Nonviolent Communication Training for Sport Coaches

Title: Nonviolent Communication Training for Sport Coaches

Type of event: Long-term training

Target group: Sport coaches

Short description of the training:

This training equips sport coaches with practical tools of Nonviolent Communication (NVC) to foster respectful, clear, and empathetic communication in their teams. Through interactive online and in-person sessions, coaches will learn to listen actively, express themselves authentically, manage conflicts constructively, and build a supportive environment that enhances both performance and well-being. The program uses real-life sports scenarios provided by participants to ensure immediate relevance and application.

Framework (Online Structure)

Before the training:

- **Self-Assessment Survey:** Coaches complete an online survey (Google Forms or SurveyMonkey) to rate their confidence in listening, empathy, and feedback skills.
- **Scenario Collection:** Participants share real-life conflict or communication situations they want to address, using Padlet or MURAL.

During the training:

- **Live Reflection Polls:** Use Mentimeter or Slido during sessions to check in on understanding and confidence, e.g., "Which step of NVC feels easiest/challenging right now?"
- **Interactive Practice:** Participants apply NVC steps to their own collected scenarios in roleplays and group exercises.

After the training:

- **Peer Practice Groups:** Small groups meet online for continued practice, using short structured check-ins via WhatsApp or Signal; optional Loom recordings for roleplay feedback.
- **Resource Library:** Shared folder (Google Drive or Notion) with worksheets, empathy maps, reflection templates, and recordings from the training for continued reference.

