

EXPLORE, DEVELOP

AND DEEPEN



YOUR WELL-BEING

THIS INTENSIVE 6 MONTHS PROGRAM HAS ITS ROOTS IN THE PRINCIPALS AND METHODS OF NONVIOLENT COMMUNICATION AND IN SCIENTIFIC RESEARCH ABOUT WELL-BEING AND HAPPINESS.

Being well is not something we are or not - it is something that we do. Looking at “well-being” in this way turns it into something we can learn, practice and maintain, rather than something that happens to us”

- Cecilia Carlsson, course leader.

Nonviolent Communication (NVC) is based on the principles of nonviolence - the natural state of compassion when no violence is present in the heart. NVC begins by assuming that we are all compassionate by nature and that violent strategies—whether verbal or physical—are learned behaviors taught and supported by the prevailing culture. NVC also assumes that we all share the same, basic human needs, and that each of our actions are a strategy to meet one or more of these needs. People who practice NVC have found greater authenticity in their communication, increased understanding, deepening connection and conflict resolution.

Participating in this program you will:

- practice and experience different well being techniques, methods and attitudes
- practice to communicate with yourself in a healing, constructive and loving way
- learn to communicate with others that benefit both the well being of yourself and that of others
- learn methods of how you can deal with stress and anxiety
- explore and develop your well-being in areas like relationships, conflicts, intimacy, money, work and family
- learn to support others who wish to develop their well-being

This program is for: Anyone interested in, and eager to explore, develop and deepen one's own well being. Professionals for whom contributing to the well being of others are in focus.

Dates: March 9 - Aug 26 in total 12 days.

March 9 - 11 Introduction to Nonviolent Communication and well-being.

April 20 - 22 Inner communication, self-empathy, healing, and dealing with stress and anxiety

May 25 - 27 Communication with others: relationships, intimacy, money, work and family.

Aug 24-26 How to support others, to nourish yourself and your dreams.

Venue: The course will be held in Helsinki. Venue information will shortly be available on www.communicationforlife.org

Price: Sliding scale 800-1600 euros. You chose for yourself which amount you wish to pay. If you pay 1200 or more we can offer a place to someone who has less economic resources.

Course leader: Cecilia Carlsson,
www.communicationforlife.org
Contact her at
cecilia.carlsson@communicationforlife.org

Language: The course will be taught in English.

Registration: For questions and more information (myös suomeksi) contact Enni Koskela at elepalko@hotmail.com or 040 5392446.