

Nonviolent Communication

Certified Compassionate Communication Facilitator (CCCF)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$3,200
- " In-person training: 9 days (72h)
- " Live cohort calls: 2 days (8h)
- " Supervised practice: 70h
- " Portfolio + jury: 35h
- " Total: 185h (~23 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " The four steps: observation, feeling, need, request
- " Distinguishing observations from evaluations in real time
- " Empathic listening and the difference between sympathy and empathy
- " Self-empathy and working with strong emotions
- " Mediating conflict between two people or in a group
- " Designing and leading NVC workshops of varied lengths

Curriculum modules

Module 1 Foundations

The four steps; the philosophy underlying NVC.

Module 2 Observation & evaluation

Catching evaluative language in oneself and others.

Module 3 Feelings & needs

Vocabulary, somatic anchoring, common confusions.

Module 4 Requests

Doable, present-tense, positive and the difference from demands.

Module 5 Mediation

Facilitating between two people or within a group.

Module 6 Workshop facilitation

Designing and leading 1-day to 1-week programs.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.