

Persönlichkeitsorientierte
Ausbildung seit 1998
in Deutschland und der Schweiz

Aufbau zum Empathischen
Coach, Empathischen
Mediator und Trainer für
Gewaltfreie Kommunikation

Die intensive Ausbildung
ist ein Weg...

Die Gewaltfreie Kommunikation (GFK) nach Dr. Marshall Rosenberg verstehen wir nicht als Kommunikationsmethode, sondern als einen tiefgehenden Prozess der Persönlichkeitsentwicklung hin zu einer umfassend empathischen Haltung – mit sich selbst und anderen. Das bedeutet auch: Die Ausbildung bildet den Anfang eines oft lebenslangen Lernens.

Gewaltfreie Kommunikation zu lernen bedeutet für uns, den Kontakt zu authentischen Gefühlen und Bedürfnissen bei sich selbst und anderen zu finden und aus dieser Verbindung heraus empathisch zu hören und klar zu sprechen. Dabei gilt, selbst ehrlich und spontan, statt nett und „richtig gewollt“ – in voller Verantwortung für die eigenen Gefühle und Bedürfnisse und offen für empathischen Kontakt und Klärung.

Die intensive Ausbildung eignet sich für Menschen, die sie damit verbundenen Haltung in ihr Leben integrieren möchten, als auch für Menschen in Beratungs- und Führungspositionen, für Trainer, Berater, Mediatoren und Therapeuten – kurz, für alle, die viel kommunizieren. Sie ist auch das erste Modul Basises des Qualifizierungsprogramms der NVC Trainerakademie, d.h. der Ausbildung zum Empathischen Coach, Empathischen Mediator und Trainer für Gewaltfreie Kommunikation.

- zu mehr Sicherheit im Umgang mit sich und anderen
- zu mehr Achtsamkeit und Sinn im Leben
- zu sich selbst, den eigenen Gefühlen und Bedürfnissen
- sich aus unbefriedigenden Verhaltensmustern zu befreien
- Respekt und Empower in der Erfüllung eigener Bedürfnisse zu wenden
- zu mehr Eigenverantwortung und Selbstbewusstsein
- besser für sich zu sorgen, um Überforderung und Burnout zu vermeiden
- private und berufliche Beziehungen zu verbessern
- schwierige Gespräche klärungsorientiert zu führen
- Konflikte zu verstehen und zu lösen
- Gruppen und Teams empathisch und effektiv zu leiten
- andere Menschen in schwierigen Situationen zu unterstützen

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Christian Drosten



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