

Empathy and non-violent communication

2 ECTS

Empathy and Nonviolent Communication are powerful tools to enhance communication, foster understanding, and build stronger relationships. By implementing the NVC approach and empathetic listening we can be able to de-escalate conflicts, provide powerful constructive feedback, provoke effective communication, create an environment of trust and transparency within our communities. We can also benefit from developed empathy in customer service, product creation and in providing personalized solutions in the business domain. "Empathy and NVC" is a practical in-depth course. We will study the types of empathy and ways to develop them, do practical exercises involving the creation of empathy maps for different situations, learn about emotions and key concerns, boost listening skills and learn to speak through I-messages using the NVC framework.

"Empathy and NVC " is a course delivered in English language, therefore the main prerequisite for the course participation is a proficiency level B2 or higher.
