

Nonviolent Communication Training



Learning to express what matters to you
– and to truly hear what matters to the
other person.

Why Nonviolent Communication?

Communication is often meant to connect us, but in practice it regularly leads to misunderstandings, distance or conflict. We want to understand each other, while also searching for the right words.

Nonviolent Communication offers a clear and practical compass.

It helps you connect with what's alive in you, and listen openly to the other person. This creates conversations that contribute to collaboration, clarity and trust – both at home and at work.

What is Nonviolent Communication?

Nonviolent Communication (NVC), developed by Marshall Rosenberg, is an approach built on empathy and honesty. It helps you stop judging, blaming and defending.

The model consists of four simple but powerful steps:

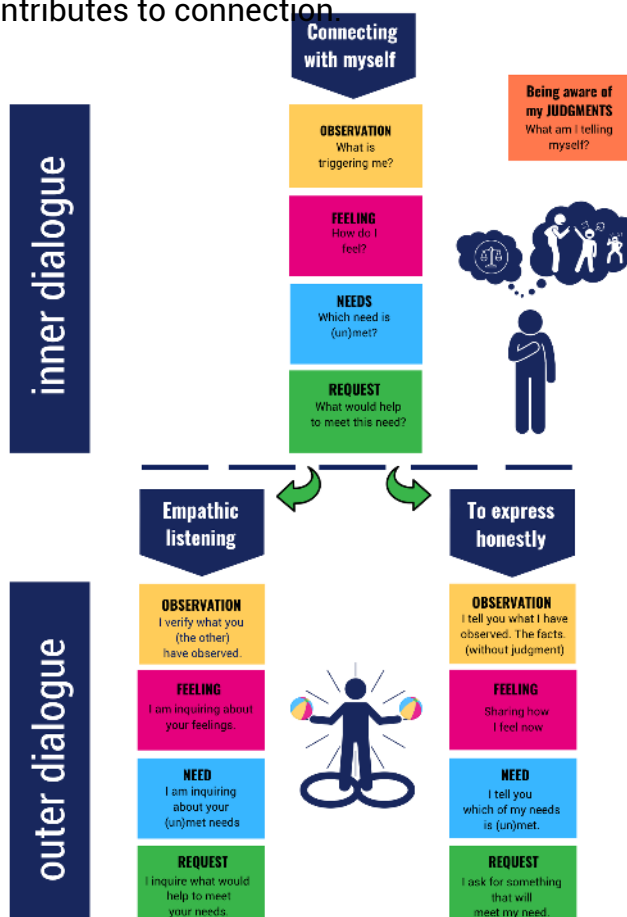
1. Observation – what you concretely see or hear, without judgment.
2. Feeling – what it does to you.
3. Need – the universal need underlying your feeling.
4. Request – a clear, positive action that contributes to connection.

NVC is not a trick or a fixed formula, but a way of seeing.

NVC invites you to pause and notice your inner dialogue, from which you can move in two directions:

- Connecting through listening – with genuine curiosity about what's alive in the other person.
- Connecting through expression – sharing clearly and honestly what's alive in you.

In my trainings, you receive this overview, among other things, shown alongside.



Trainings & Workshops

In-company

For teams, organisations and schools, I offer programmes that closely connect with daily practice.

We carefully align form and content during a no-obligation intake conversation.

Options include:

- **Interactive talk or workshop (half a day)**
- **Introductory training (1 or 2 days)**
- **Multi-day programmes for lasting integration into the culture**
- **Practice days on location with real cases from the team**



Open enrolment

Introductory training (1 day)

An intensive and complete introduction to the essence of Nonviolent Communication.

Practice days

For those who know the basics and want to practise with their own situations. You work in small groups with personal guidance.

Introductory course (3 online sessions)

Accessible from home. Includes exercises in small groups and participation in a private practice group.



Who is it for?

Nonviolent Communication is valuable for anyone who wants to invest in clear and respectful relationships:

- Individuals who want to express themselves more clearly and honestly
- Teams that long for collaboration, safety and less tension
- Leaders, coaches and care professionals who want to communicate connectingly
- Parents, partners and friends who want to discuss differences peacefully



Participant experiences

4,8 ★★★★★ 37 Google-reviews



A perfect match

From the fairly wide range of nonviolent communication trainings, I chose Bart's quite intuitively.

It turned out to be a perfect match. Bart has a pleasant, calm style and offers an excellent combination of theory and space to practise. I also found the group size (9 in our case) very pleasant to work with. I immediately signed up for the follow-up course! Rebekka van Roemburg
Consultant

The team aligned again

Through Bart's great care for people, their emotions and needs, he uses the method of nonviolent communication to create a sense of safety in which things can be said that would otherwise remain unspoken. This brought the team back onto the same page. It was a valuable and inspiring experience!"

Gery Groen
Director CiEP Training & coaching

Practical tools

Bart knows how to create an open and safe atmosphere, in which we had all the space to practise with our own input. This training gave me insights and practical tools to apply and try out the principles of Compassionate Communication more often.

Psychotherapist
Erhard Föllmi

Clear structure

Bart delivers a unique mix of subject knowledge and practical working methods. Bart sets the bar

high for himself as a trainer, which makes the structure clear and everyone in the group knows where they stand. This creates a safe learning climate. Ilse Vlaming
Sustainable developer

Lots of interaction online

A very valuable training with a good mix of theory and practical exercises. In an online training I often miss interaction, but that was not at all the case in this training. Bart really has an eye for every participant, which creates a lot of interaction, so you can practise with real-life examples and receive feedback. Bart gives you many tips and handy hand-outs you can use right away. Highly recommended!

Klaartje Ceyssens
Business Controller at Cegeka

Simplicity and depth

The success of this course lies in a combination of simplicity, depth, a good trainer and practical applicability. Despite the simplicity, there were some real eye-openers and enough space to get started with the content right away. Thank you Bart!

Fleur Oude Voshaar
Burnout coach

About me

My name is Bart Landstra (1967). In 2006 I met Marshall Rosenberg during a ten-day training in Switzerland. That moment gave my work direction and depth. Since 2007 I have been giving trainings in Nonviolent Communication – and I feel completely at home there.



My background:

- Certified by the Center for Nonviolent Communication | cnvc.org
- Trainer education at Phoenix | phoenixopleidingen.nl
- 4 years living in a Buddhist centre in France | dechencholing.org
- Mindfulness trainer at Shambhala International | www.shambhala.nl
- 2-year training in Voice Liberation | www.centrumvoorstembbevrijding.nl

My work is a combination of Nonviolent Communication, mindfulness and voice work: first connecting with yourself, then with the other.

Contact

I am happy to think along about what you or your organisation needs. Feel welcome to get in touch.

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CRKBO-certified institution and

member of the Dutch-language Circle for Nonviolent Communication



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