

Course: Nonviolent Communication in Practice - workshop	ECTS Points: 2
Course Code:	
Language: English	
Course description: optional course	
Lecturer: Emilia Wołynec, MA	
Semester: 1summer	Number of hours: 20 Lecture: Classes: 20
<u>Courses to be completed before enrollment to the course:</u> ²	
<u>Substantive kontent</u>	
Lectures	Number of hours
1. Introduction to the main issues of the workshop.	2
2. The workshop block.	14
✓ A couple of words about NVC.	2
✓ Correct expression of messages without moral judgments and comparisons.	2
✓ Observations without assessments.	2
✓ Identify and express feelings.	2
✓ Take a responsibility for feelings.	2
✓ The power of empathy.	2
✓ Look inside yourself.	2
3. Presentation of practical tasks on credit.	2
4. Evaluation of the classes.	2
<u>Aim of the course:</u>	
<ul style="list-style-type: none"> ❖ The student has deepened and structured knowledge about communication without violent. ❖ The student has deepened ability to observe, diagnose, rational assessment of complex problematic situations, and analyze the motives and patterns of human behavior. ❖ ❖ The student is able to efficiently use the components of NVC in problematic/ difficult conversations. ❖ The student has the responsibility for their own feelings and attitude for partner of conversation. He feels responsible to the people for whom good is trying to act. ❖ The student is sensitive to the problems and ready to communicate and cooperation with the people. 	
<u>Teaching methods</u> ³ :	
✓ characteristics of individual cases, presentation, work in group, brainstorm.	
<u>Literature:</u>	

¹ „Winter” or „summer”

² If it is needed, please write the name of the course.

³ „Lectures”, „workshops”, e.t.c.

- M. Rosenberg, *Living Nonviolent Communication: Practical Tools to Connect and Communicate Skillfully in Every Situation*, 2012.
- M. Rosenberg, *Being Me, Loving You: A Practical Guide to Extraordinary Relationships*, 2005.

□ M. Rosenberg, *Nonviolent Communication: A Language of Life*, 2003

Forms and conditions of credit⁴:

completion of the course on the basis of:

- attendance of classes,
- active student in the class,
- pass a practise exercise.
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Absences classes will be held in as under:

- individual consultations,

The number of hours of absence not eligible for credit course: 10

⁴ „Test”, “written essay”, e.t.c.