

Nonviolent Communication A Language Of Life Nonviolent Communication Guides

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Transforming Terror - Karin Lofthus Carrington
2011-06-02

This inspired collection offers a new paradigm for moving the world beyond violence as the first, and often only, response to violence. Through essays and poetry, prayers and mediations, *Transforming Terror* powerfully demonstrates that terrorist violence--defined here as any attack on unarmed civilians--can never be stopped by a return to the thinking that created it. A diverse array of contributors--writers, healers, spiritual and political leaders, scientists, and activists, including Desmond Tutu, Huston Smith, Riane Eisler, Daniel Ellsberg, Amos Oz, Fatema Mernissi, Fritjof Capra, George Lakoff, Mahmoud Darwish, Terry Tempest Williams, and Jack Kornfield--considers how we might transform the conditions that produce terrorist acts and bring true healing to the victims of these acts. Broadly encompassing both the Islamic and Western worlds, the book explores the nature of consciousness and offers a blueprint for change that makes peace possible. From unforgettable firsthand accounts of terrorism, the book draws us into awareness of our ecological and economic interdependence, the need for connectedness, and the innate human capacity for compassion.

The Military Guide to Financial Independence and Retirement - Doug Nordman
2011-06

"Filled with examples, checklists, websites, and

a rich collection of appendices that deal with inflation, multiple income streams, and the value of a military pension, this book is essential reading for anyone contemplating retiring from the military"--From publisher's website.

A Brief History of Stigma - Ashley L. Peterson
2021-11-08

Stigma can have a huge impact on the lives of people living with mental illness. That needs to change, but how can we make it happen? *A Brief History of Stigma* explores the past and present of stigma to give a solid basis to examine strategies to reduce stigma and critically evaluate their effectiveness. It also incorporates the author's experiences as a former mental health nurse living with a chronic mental illness. The book is divided into three parts. Part I explores what exactly stigma is, including relevant sociological theory and common stereotypes. Part II looks at some of the contexts in which stigma can occur, including the media and health care. Part III explores different stigma reduction strategies and what the research has to say about their effectiveness. You'll likely be surprised to learn how ineffective certain commonly used strategies are when it comes to changing public attitudes. This book is for anyone who's interested in understanding stigma and making the world a better place for people with mental illness. Together, we can create positive change!

Giraffe Juice - Workbook - Tania Wolk

2010-12

A fun and entertaining way to share Giraffe Language with kids. Would you like to see how Giraffe Language can help you make friends with someone who is hard to get along with? My name is Marvel and I'm a Giraffe. I'm guessing you're a person because it's usually people who like to play with fun books like this one. I wrote this book for you and it's filled with games, puzzles, and word treasure hunts so you can have a good time learning Giraffe Language. Some people like to use Giraffe Language to deal with people who bully. I like to use it to make life fun...because making life fun...fun for me and fun for everyone...is my favorite game in town.

Practical Spirituality - Marshall B. Rosenberg
2005-04

Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation and discovery. Brief, unscripted reflections on the spiritual underpinnings of non-violent communication inspire readers to connect with the divine in themselves and others in order to create social relationships based on empathy.

Men Are from Mars, Women Are from Venus - John Gray 1993-04-23

Popular marriage counselor and seminar leader John Gray provides a unique, practical and proven way for men and women to communicate and relate better by acknowledging the differences between them. Once upon a time Martians and Venusians met, fell in love, and had happy relationships together because they respected and accepted their differences. Then they came to earth and amnesia set in: they forgot they were from different planets. Using this metaphor to illustrate the commonly occurring conflicts between men and women, Gray explains how these differences can come between the sexes and prohibit mutually fulfilling loving relationships. Based on years of successful counseling of couples, he gives advice on how to counteract these differences in communication styles, emotional needs and modes of behavior to promote a greater understanding between individual partners. Gray shows how men and women react differently in conversation and how their relationships are affected by male intimacy

cycles ("get close", "back off"), and female self-esteem fluctuations ("I'm okay", "I'm not okay"). He encourages readers to accept the other gender's particular way of expressing love, and helps men and women learn how to fulfill each other's emotional needs. With practical suggestions on how to reduce conflict, crucial information on how to interpret a partner's behavior and methods for preventing emotional "trash from the past" from invading new relationships, *Men Are from Mars, Women Are from Venus* is a valuable tool for couples who want to develop deeper and more satisfying relationships with their partners.

The Encyclopaedia Britannica - 2020-12-15
This book has been considered by academicians and scholars of great significance and value to literature. This forms a part of the knowledge base for future generations. So that the book is never forgotten we have represented this book in a print format as the same form as it was originally first published. Hence any marks or annotations seen are left intentionally to preserve its true nature.

Living the Simply Luxurious Life - Shannon Ables 2018-10-07

What can you uniquely give the world? We often sell ourselves short with self-limiting beliefs, but most of us would be amazed and delighted to know that we do have something special - our distinctive passions and talents - to offer. And what if I told you that what you have to give will also enable you to live a life of true contentment? How is that possible? It happens when you embrace and curate your own simply luxurious life. We tend to not realize the capacity of our full potential and settle for what society has deemed acceptable. However, each of us has a unique journey to travel if only we would find the courage, paired with key skills we can develop, to step forward. This book will help you along the deeper journey to discovering your best self as you begin to trust your intuition and listen to your curiosity. You will learn how to: - Recognize your innate strengths - Acquire the skills needed to nurture your best self - Identify and navigate past societal limitations often placed upon women - Strengthen your brand both personally and professionally - Build a supportive and healthy community - Cultivate effortless style - Enhance your everyday meals

with seasonal fare - Live with less, so that you can live more fully - Understand how to make a successful fresh start - Establish and mastermind your financial security - Experience great pleasure and joy in relationships - Always strive for quality over quantity in every arena of your life Living simply luxuriously is a choice: to think critically, to live courageously, and to savor the everyday as much as the grand occasions. As you learn to live well in your everyday, you will elevate your experience and recognize what is working for you and what is not. With this knowledge, you let go of the unnecessary, thus simplifying your life and removing the complexity. Choices become easier, life has more flavor, and you begin to feel deeply satisfying true contentment. The cultivation of a unique simply luxurious life is an extraordinary daily journey that each of us can master, leading us to our fullest potential.

SUMMARY - Nonviolent Communication: A Language Of Life Life-Changing Tools For Healthy Relationships By Marshall B. Rosenberg - Shortcut Edition 2021-06-02

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn to master the basics of non-violent and spiritual communication in order to use it in your daily life. You will also learn that : spirituality and non-violent communication are intimately linked; non-violent communication is within everyone's reach; spirituality can help to create a bond; it is possible to make requests without giving orders. As a specialist in non-violent communication in all its forms, Marshall B. Rosenberg reveals the secrets of mediation and healthy communication that can help avoid conflict. The author's many observations and public interventions place spirituality at the center of effective non-violent communication. Thus, empathy and compassion must be valued in order to relearn how to communicate. Through concrete examples, Marshall B. Rosenberg schematizes and explains the processes that make it possible to communicate smoothly and without violence, and encourages us to take stock of what is at stake in spiritual non-violent communication in everyday life. *Buy now the summary of this book for the modest price of a cup of coffee!

Raising Children Compassionately - Marshall B. Rosenberg 2004-09

Nonviolent Communication stresses the importance of putting compassionate connection first. Compassionate parenting can help create a mutually respectful, enriching family dynamic filled with clear, heartfelt communication. An exceptional resource for parents, parent educators, families and those who work with children.

Life-Enriching Education - Marshall B. Rosenberg 2003

When Students Love to Learn and Teachers Love to Teach In this revolutionary book, Marshall Rosenberg empowers educators to transform schools into life-serving, learning-rich environments that maximize the potential of each student. Filled with insight, adaptable exercises and role-plays, Life-Enriching Education gives educators practical skills to generate mutually respectful classroom relationships. Discover how our language and organizational structures directly impact student potential, trust, self-esteem and student enjoyment in their learning. Rediscover the joy of teaching in a classroom where each person's needs are respected! Learn Practical Skills to: - Maximize student potential - Strengthen your classroom community - Resolve and prevent conflicts peacefully - Improve the quality of classroom and school relationships

The Heart of Social Change - Marshall B. Rosenberg 2004-09-01

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. This insightful perspective on effective social change is illustrated with how-to examples.

The Power of Partnership - Riane Eisler 2010-09-03

Based on the research that brought international recognition to Riane Eisler's groundbreaking work *The Chalice and the Blade* but addressing the world as it is today, *The Power of Partnership* offers inspiration and guidance for moving to the better lives we yearn for. Eisler offers us a new lens, a new paradigm, for seeing

the world and living in it. The Partnership Model, which emphasizes mutual respect and a fundamental awareness of the sacredness of all life, creates a solid foundation for families, businesses, communities, and the world. In contrast, the suffocating paradigm that has guided much of recorded history — what Eisler calls the Domination Model — has led individuals and groups, acting out of fear, to oppress women, wage war, terrorize, and subjugate others. Using these simple yet far-reaching models, Eisler shows how political and personal relationships based on domination inevitably result in misery and violence, while those founded on partnership foster respect, love, and an explosion of creativity.

The Empathy Factor - Marie R. Miyashiro 2011
"Building on research in brain science, emotional intelligence, and organisational theory, this title answers questions about the true definition of empathy. It presents an exploration into business productivity and office management that offers both real-world insights and practical ways to build transformative empathy skills organisation-wide." --Publisher description.

Choosing Peace - Ike Lasater 2014-09-16
"In Choosing Peace, you will learn a new approach to communication and conflict that creates peace, internally and externally. The concrete tools and skills in this book allow you to be clear in your communication and help others do the same. Through practicing what is in this compelling guidebook, you can build more satisfying and engaging relationships and create more compassion and peace in your life."-- Publishers note.

Speak Peace in a World of Conflict - Marshall B. Rosenberg 2005-10-28
In every interaction, every conversation and in every thought, you have a choice &- to promote peace or perpetuate violence. International peacemaker, mediator and healer, Dr. Marshall B. Rosenberg shows you how the language you use is the key to enriching life. Take the first step to reduce violence, heal pain, resolve conflicts and spread peace on our planet &- by developing an internal consciousness of peace rooted in the language you use each day. Speak Peace is filled with inspiring stories, lessons and ideas drawn from over 40 years of mediating

conflicts and healing relationships in some of the most war torn, impoverished, and violent corners of the world. Speak Peace offers insight, practical skills, and powerful tools that will profoundly change your relationships and the course of your life for the better. Bestselling author of the internationally acclaimed, *Nonviolent Communication: A Language of Life*. Discover how you can create an internal consciousness of peace as the first step toward effective personal, professional, and social change. Find complete chapters on the mechanics of Nonviolent Communication, effective conflict resolution, transforming business culture, transforming enemy images, addressing terrorism, transforming authoritarian structures, expressing and receiving gratitude, and social change.

Nonviolent Communication: A Language of Life - Marshall B. Rosenberg 2015-09-01

What is Violent Communication? If "violent" means acting in ways that result in hurt or harm, then much of how we communicate—judging others, bullying, having racial bias, blaming, finger pointing, discriminating, speaking without listening, criticizing others or ourselves, name-calling, reacting when angry, using political rhetoric, being defensive or judging who's "good/bad" or what's "right/wrong" with people—could indeed be called "violent communication." What is Nonviolent Communication? Nonviolent Communication is the integration of four things: • Consciousness: a set of principles that support living a life of compassion, collaboration, courage, and authenticity • Language: understanding how words contribute to connection or distance • Communication: knowing how to ask for what we want, how to hear others even in disagreement, and how to move toward solutions that work for all • Means of influence: sharing "power with others" rather than using "power over others" Nonviolent Communication serves our desire to do three things: • Increase our ability to live with choice, meaning, and connection • Connect empathically with self and others to have more satisfying relationships • Sharing of resources so everyone is able to benefit

Nonviolent Communication Companion Workbook - Lucy Leu 2015-09-01

"Marshall Rosenberg's groundbreaking *Nonviolent Communication: A Language of Life* reveals the power of connecting with others on an entirely new level. You realize immediately that every relationship in your life—with family or friends, co-workers, students, teachers, even with yourself—now has the potential for positive, permanent transformation. Learning the Nonviolent Communication (NVC) process has often been equated with learning a whole new way of thinking and speaking. The NVC Companion Workbook helps you easily put these powerful, effective skills into practice with chapter-by-chapter study of Rosenberg's cornerstone text, *NVC: A Language of Life*. Create a safe, supportive group learning or practice environment that nurtures the needs of each participant. Or, learn on your own as the workbook guides you through self-directed study. Find a wealth of activities, exercises, and facilitator suggestions to refine and practice this powerful way of communicating"--

Polysecure - Jessica Fern 2020-10-23

Attachment theory has entered the mainstream, but most discussions focus on how we can cultivate secure monogamous relationships. What if, like many people, you're striving for secure, happy attachments with more than one partner? Polyamorous psychotherapist Jessica Fern breaks new ground by extending attachment theory into the realm of consensual nonmonogamy. Using her nested model of attachment and trauma, she expands our understanding of how emotional experiences can influence our relationships. Then, she sets out six specific strategies to help you move toward secure attachments in your multiple relationships. *Polysecure* is both a trailblazing theoretical treatise and a practical guide.

Attached - Amir Levine 2012-01-05

"Over a decade after its publication, one book on dating has people firmly in its grip." —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most

advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

Nonviolent Communication - Wayland Myers 1998

Purse size

Being Me, Loving You - Marshall B. Rosenberg 2005-07-01

The tenets of Nonviolent Communication (1892005034) are applied to a variety of settings in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation and discovery. The concept of love is redefined not as a feeling, but as an activity—a process of honest giving and taking. Professional analysis of personal stories illustrates relationship patterns in which love is treated as a guilty obligation or something to be proved. Lessons for building effective communication of feelings and needs are additionally provided.

Say What You Mean - Oren Jay Sofer 2018-12-11

Find your voice, speak your truth, listen deeply—a guide to having more meaningful and mindful conversations through nonviolent communication We spend so much of our lives talking to each other, but how much are we simply running on automatic—relying on old habits and hoping for the best? Are we able to truly hear others and speak our mind in a clear and kind way, without needing to get defensive or go on the attack? In this groundbreaking synthesis of mindfulness, somatics, and Nonviolent Communication, Oren Jay Sofer offers simple yet powerful practices to develop

healthy, effective, and satisfying ways of communicating. The techniques in *Say What You Mean* will help you to:

- Feel confident during conversation
- Stay focused on what really matters in an interaction
- Listen for the authentic concerns behind what others say
- Reduce anxiety before and during difficult conversations
- Find nourishment in day-to-day interactions

“Unconscious patterns of communication create separation not only in our personal lives, they also perpetuate patterns of misunderstanding and violence that pervade our world. With clarity and great insight, Oren Jay Sofer offers teachings and practices that train us to speak and listen with presence, courage, and an open heart.” —Tara Brach, author of *Radical Acceptance and True Refuge*

Humanizing Health Care - Melanie Sears
2010-01-07

The tenets of Nonviolent Communication are applied to a variety of settings, including the workplace, the classroom, and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. Focusing on the language used in the health care system, this manual teaches health care administrators, nurses, physicians, and mental health practitioners how to create lasting, positive improvements to patient care and the workplace environment. Arguing that a crisis within health care is the inability of many professionals to relate to the personal, human dimension of their work, this reference teaches how to counteract the negativity that certain labels, diagnosis, judgments, and analyses can cause and shows how to better integrate a culture of compassion, empathy, and honesty. Readers will also learn an effective framework to reduce health care staff burnout and turnover, create a culture of mentorship and learning, compassionately diffuse “problem patients,” and effectively address systemic barriers to care as they arise.

Nonviolent Communication - Marshall B. Rosenberg 2003

Clinical psychologist Marshall B. Rosenberg offers an enlightening look at how peaceful communication can create compassionate connections with family, friends, and other

acquaintances.

Respectful Parents, Respectful Kids - Sura Hart 2006

A practical handbook that provides seven simple steps to resolving conflicts between parents and children; and includes activities, stories, and helpful resources.

Connecting Across Differences - Jane Marantz Connor 2005

[The Surprising Purpose of Anger](#) - Marshall B. Rosenberg 2005

The Nonviolent Communication (NVC) is a powerful process for inspiring compassionate connection and action. Training in NVC can help facilitate communication and prevent conflict by helping everyone get their needs met.

[The Seven Principles for Making Marriage Work](#) - John Gottman, PhD 2015-05-05

NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of *Emotional Intelligence*

The *Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

Compassionate Music Teaching - Karin S. Hendricks 2018-01-24

Compassionate Music Teaching provides a framework for music teaching in the 21st

century by outlining qualities, skills, and approaches to meet the needs of a unique and increasingly diverse generation of students. The text focuses on how six qualities of compassion (trust, empathy, patience, inclusion, community, and authentic connection) have made an impact in human lives, and how these qualities might relate to the practices of caring and committed music teachers. This book bridges the worlds of research and practice, discussing cutting-edge topics while also offering practical strategies that can be used immediately in music studios and classrooms. Each chapter is addressed from multiple perspectives, including: research in music, education, psychology, sociology, and related fields; insights from various students and teachers across the United States; and an in-depth study of five music teachers who represent a broad range of genres, student ages, and pedagogical approaches. The book is dedicated to exploring those conditions that help students not only to learn, but also to grow, thrive, and freely express—and become compassionate musicians, teachers, performers, and people as well.

Living Nonviolent Communication - Marshall Rosenberg 2012-06-01

You're about to have an uncomfortable meeting with your boss. The principal just called about your middle-schooler. You had a fight with your partner and it's an hour before bed. You know your next move will go a long way toward defining your relationships with these individuals. So what do you do? We all find ourselves in situations similar to these and too often resort to the same old patterns of behavior—defending our need to be right, refusing to really listen, speaking cruelly out of anger and frustration, or worse. But there is another way. *Living Nonviolent Communication* gives you practical training in applying Dr. Marshall Rosenberg's renowned process in the areas he has most often been asked for counsel: Conflict resolution Working with anger Spiritual practice Healing and reconciliation Loving relationships Raising children Nonviolent Communication has flourished for four decades across 35 countries for a simple reason: it works. Now you can learn to activate its healing and transformational potential, with *Living Nonviolent Communication*.

The Nonviolent Communication Training Course - Marshall Rosenberg, Ph.D. 2006-04-27
Marshall Rosenberg's remarkable process of Nonviolent Communication™ has gained worldwide recognition as a tool for turning even the most volatile situations into a natural interchange of compassion, generosity, and mutual enrichment. Modeled after this visionary peacemaker's nine-day international intensive retreats, *The Nonviolent Communication Training Course* presents the first ever self-guided curriculum for putting Rosenberg's transformative ideas into everyday practice—whether you're at the office, at the dinner table, in a parent-teacher conference—any situation where you want to honor what is alive in yourself and others. Join the pioneering creator of NVC for more than nine hours of in-depth instruction that includes: Nine immersive CDs that teach you how to use NVC to discuss difficult emotions, deepen intimate relationships, mediate impossible conflicts, and much more Workbook with more than 50 exercises to strengthen your ability to successfully apply NVC in the field Seven Nonviolent Communication training cards you can use on the spot to express yourself and listen to others Course objectives: Identify the four steps of the Nonviolent Communication process Employ the four-step Nonviolent Communication process in every dialogue you engage in Utilize empathy to safely confront anger, fear, and other powerful emotions Discover how to overcome the blocks to compassion, and open to our natural desire to enrich the lives of those around us

Living Nonviolent Communication - Marshall B. Rosenberg 2012

Teaches how to use nonviolent communication to resolve issues in life, work, and family relationships.

Pathways to Nonviolent Communication - Jim Manske 2021-09-01

In 2010, four certified trainers of Nonviolent Communication produced a new tool to help people successfully learn, strengthen, and integrate the skills and consciousness of NVC. They called this tool the Pathways to Liberation Self-Assessment Matrix. Since then, thousands of NVC practitioners have been using the Matrix to identify skills, clarify strengths, discover

edges, and navigate their own personal journeys toward emotional liberation and a more just, peaceful, and loving world. Now you too can use the Matrix to set a course toward self-knowledge, skill, and success. This guidebook shows you how. Written by Jim Manske, CNVC trainer and one of the four originators of the Matrix, *Pathways to Nonviolent Communication: A Tool for Navigating Your Journey* offers clear and specific suggestions for using the Matrix to assess your progress and assist others in deepening the skills and consciousness of NVC. Whether you are a longtime practitioner of NVC or have only recently begun your journey, the tool and techniques presented in this book will make every path more dynamic, accessible, and fun.

What We Say Matters - Ike K. Lasater
2022-08-09

Drawing from Buddhist and yogic precepts, this practical guide offers tools for becoming a better, more compassionate communicator at home, at work, and in the world. Have you ever tried to tell someone what you want only to feel misunderstood and frustrated? Or hesitated to ask for what you needed because you didn't want to burden the other person? Or been stuck in blame or anger that wouldn't go away? Judith and Ike Lasater, long-term students of yoga and Buddhism, experienced dilemmas like these, too. Even though they had studied the yoga principle of satya (truth) and the Buddhist precept of right speech, it was not until they began practicing Marshall Rosenberg's techniques of Nonviolent Communication (NVC) that they understood how to live satya and right speech. In *What We Say Matters*, Judith and Ike describe their journey through NVC and how speech becomes a spiritual practice based on giving and receiving with compassion—everywhere, all the time—whether at home, at work, or in the world. Their writing is deeply personal, punctuated by their recounts of trial and error, success and failure, laughter and challenge—even in writing this book! They guide you through an introduction to NVC with clear explanations, poignant examples, suggested exercises, and helpful resources. With practice, you'll learn new ways to:

- Extend empathy to yourself and others
- Distinguish between feelings and needs
- Make requests rather than demands
- Choose

connection over conflict • Create mutually satisfying outcomes

Nonviolent Communication - Marshall B. Rosenberg 1999-01-01

A simple yet powerful method of communication for mediating conflicts and peacefully resolving differences at the political, professional, and personal levels.

5 Chairs 5 Choices - Louise Evans 2020-05-08

This book is a call to action. We spend about eighty percent of our day at work, the rest is at home. If we have a bad day at work we are likely to take that negativity home with us and vice versa. It is of paramount importance that we create healthy environments in the spaces that most affect our lives by giving of our best and receiving the like in return. The 5 Chairs is a powerful and systematic method which helps us master our own behaviours and manage the behaviours of others. To be a good leader is to contribute to the success and happiness of everyone, at work and at home, on a conscious level. The 5 Chairs offer 5 Choices. Which will you choose?"One of the most practical books on emotional intelligence that I have ever read."Richard Barrett, Chairman and Founder of the Barrett Values Centre."Louise's work is for people with the intelligence and humility to believe that in life one can always improve, one can try to understand before judging and one can listen to other people's convictions no matter how diverse. In an increasingly multicultural, globalised world where managing diversity is key to success, Louise's guidelines should be a moral obligation."Franco Moschetti CEO, Axel Global Business, previously CEO of Amplifon Ltd"The 5 Chair experience is powerful. After reading the book you feel more equipped, excited even, to manage your daily behaviours and conversations in a completely new way, both at work and at home. It's a real game changer."David Trickey CEO at TCO International and Partner at Viral Change TM"Louise's groundbreaking book is for anyone who is interested in bringing more empathy, emotional intelligence and consciousness into their career (and into their daily life). The examples in this insightful book are practical and easy to integrate, and it's a must-read for anyone who wants to be an inspiring and more effective Leader."Ellen Looyen, Bestselling

Author, "Branded for Life!"

Transforming Power - Seth Kreisberg

1992-01-01

This book is about power -- power in the classroom, in our schools, and in our society. Schools, teachers, students, and teaching exist in a churning cauldron of interrelated institutions and social forces. Power relations in schools reflect these larger societal forces and the interconnections of our institutions. This book is also about empowerment -- the empowerment of teachers and students. It explores the process through which people develop more control over their lives and acquire the skills and dispositions necessary to be critical and effective participants in our society. The heart of this book, and Kreisberg's unique contribution to the empowerment literature, is his elucidation of the difference between power over and power with in his search to understand the nature of power that can empower individuals and communities. Kreisberg draws upon educational, political, feminist, and psychological theory, and, especially, the voices of teachers, in his framing of the question: What are the dynamics of power that we as teachers can create in our relationships with our students that will be empowering for both our students and ourselves?

Getting Past the Pain Between Us - Marshall B. Rosenberg 2004-09-01

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. Skills for resolving conflicts, healing old wounds, and reconciling strained relationships reveal the healing power of listening and speaking from the heart. Because unmet needs lie at that root of all emotional pain, the skills imparted in this manual teach how to transform depression, shame, and conflict into empowering human connections.

The Art of Nonviolent Communication - Micah Salaberrios 2019-07-26

A handbook designed to help you communicate with more authenticity, clarity, and empathy while in the midst of a conflict by using the principles of NVC. It will show you the most common pitfalls I come across while teaching and how to help avoid them. This book can help you speak with 100% authenticity without judging, blaming, or condemning anyone. Using the tools and strategies outlined in this book you will soon be able to turn every conflict into a deeper, more profound connection.