

Nonviolent Communication Course:

Foundation (4 weeks)

Week 1: Why NVC Matters

Takeaway: You understand that your default communication creates disconnection. You can name the two questions that drive all NVC work. You can identify the 4 components as a map.

Week 2: Observations + Feelings

Takeaway: You can separate what happened from what you think about it. You can name your actual emotions, not just your judgments.

Week 3: Needs + Requests

Takeaway: You understand that your feelings come from needs. You can translate judgments into needs. You can make a clear, doable request without demanding.

Week 4: Empathy

Takeaway: You know what empathy is (presence, listening for feelings and needs) and what it is not. You can reflect back without inserting yourself.

Advanced (6 weeks)

Week 5: Self-Compassion

Takeaway: You can hear your own self-judgments as unmet needs. You can mourn without blaming yourself. You can forgive yourself by seeing what need you were trying to meet.

Week 6: Anger

Takeaway: You know the difference between stimulus and cause. You can use anger as a wake-up call to your own unmet needs.

Week 7: Conflict Resolution

Takeaway: You understand that conflicts are never at the need level. You can hear the other person's needs before proposing solutions.

Week 8: Mediation + Restoration

Takeaway: You can mediate between others without taking sides. You understand restorative justice vs. retributive justice.

Week 9: Gratitude

Takeaway: You can express sincere gratitude using three components. You can receive gratitude without deflecting.

Week 10: Closing

Takeaway: You can integrate what you've learned into a personal practice plan. You can name what you will continue and why.