



NVC FOUNDATION TRAINING ✨

Transform the Way you Communicate

What we say – and how we listen – shapes our perceptions and relationships. Our words can build trust or create distance, enhance connection or fuel conflict. By developing conscious communication skills, we bring clarity, confidence, and compassion to every interaction – at work, home, and beyond.

In this hands-on training, **Shari Elle** shares the proven principles of Nonviolent Communication (NVC), a globally recognized approach developed by Dr. Marshall Rosenberg, inspired by Gandhi and Martin Luther King Jr.

At its core, NVC provides a simple yet profound structure for communication, helping people:

- Clarify what truly matters
- Express themselves with authenticity
- Listen with empathy and understanding
- Navigate conflict in ways that strengthen relationships
- Enhance collaboration, natural power, and well-being

WHY THIS COURSE MATTERS:

NVC is practiced in over 65 countries, from boardrooms to families and grassroots peacebuilding. It bridges effective, compassionate communication across cultures and disciplines, offering a psychology-based approach to meaningful connections and well-being. Rooted in human behavior, NVC is a universally applicable framework across industries and communities.

As resilience declines, stress rises, and fear of conflict grows, NVC skills are more essential than ever.

By enhancing connection-based communication, NVC builds resilience, supports well-being, and strengthens supportive relationships in both personal and professional life.



Course Objectives:

Foundations of communication and trust: Learn what enhances safety, trust, and authentic communication in relationships.

The four steps of NVC: Understand Observations, Feelings, Needs, and Requests to navigate conversations with clarity and intention.

Authentic expression: Strengthen self-connection and communicate what matters with confidence and compassion.

Stay centred in stress: Develop skills to remain grounded, even in high-reactivity moments.

Listen with empathy: Cultivate the ability to truly hear others, building deeper connections.

Integrate NVC into daily life: Use NVC naturally in personal and professional conversations.

Give constructive feedback: Offer feedback that is clear, supportive, and empowering.

Transformative Results:

- ✦ Build meaningful, fulfilling relationship, personally and professionally.
- ✦ Express your needs clearly and confidently while staying connected.
- ✦ Listen beyond words to understand what's truly being expressed.
- ✦ Prevent and resolve misunderstandings and conflict with ease.
- ✦ Communicate authentically to enhance trust and harmony.
- ✦ Inspire cooperation and willingness without pressure.

✦ Shari Elle ✦

Shari Elle, founder of Communication Group and co-founder of NVC in Australia, is a highly experienced NVC facilitator with 23+ years of expertise. She helps individuals, teams, and organisations develop clear, compassionate, and effective communication to enhance collaboration, reduce conflict, and build trust. Shari works with leaders across all fields to create meaningful change.



"Shari is an incredible facilitator who not only has a deep mastery of NVC but also brings a unique energy and aliveness to every session. She creates a space where learning is not just about theory – it's about real-life integration, making these skills second nature. . Working with Shari has been a game changer, both in my personal life and in how I show up as a leader. I honestly wouldn't be where I am now without this experience."

– Troy Methorst, Founder and Director, Veteran Mentors

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