

Nonviolent Communication (NVC) is founded on language and communication skills that strengthen our ability to remain human, even under trying conditions. The intent is to remind us about how we humans were meant to relate to one another - and to assist us in living in a way that concretely manifests this knowledge.

With NVC skills you can:

- Improve communication in all areas of life
- Motivate others without using fear, guilt or shame
- Foster citizenship, cooperation, tolerance and harmony
- Create a safe and supportive learning environment
- Resolve conflicts in a way that increases mutual understanding and trust
- Set boundaries and say 'no' respectfully
- Evaluate performance in ways that promote growth and learning

Human beings learn best by doing. **The Power of Empathy** is designed to allow participants to immerse themselves in NVC culture for a full two days. The more you participate, the better equipped you will be to start using NVC outside the workshop environment. The presentation part of the training will be kept short so that there is ample time for practice, role-plays, small group work, discussions and hands on learning.

The Power of Empathy

In this training, you will practice your presence and empathy skills with yourself and others.

We will offer

- Empathy skill building exercises
- Role-plays
- Group empathy sessions
- Individual coaching
- Healing and reconciliation

A Deepening Intensive Training in NVC with

Jeyanthi Siva, Sri Lanka

October 15th-17th

**Majatalo Onnela,
Tuusula, Finland**

www.onnela.com

Start Friday 18:00 end Sunday 15:00

For more information about NVC, this training and **enrolments (before September 10th):**

Hanna Savanna, Tel: +358-45-6797270

Email: hanna.savanna@savannaconnexions.fi
www.savannaconnexions.fi

For more information about Jeyanthi Siva:
<http://www.sandhi.org>

Evidence of success

Personal Competence

- A competent understanding of the basic concepts and tools of NVC
- Clarity of intention in your day to day communications
- A stronger connection with your internal self

Getting Results with Others

- Confidence in your ability to use NVC with others
- Ability to express yourself clearly and respectfully
- Ability to reframe incoming communications without hearing judgment or blame

What some previous participants have said about Jeyanthi's empathy sessions:

"Receiving empathy from Jeyanthi was such a powerful experience. I could so totally rest and trust her strength and presence also when dealing such painful things in my life." Hanna Savanna, 2008

"Jeyanthi just sat there on the floor with her legs crossed in a lotus position with the power of a mountain." Susanna Koljonen, 2008

"I am totally impressed of her presence! And the transparency in her way of working in healing sessions was truly admirable!" Reita Lounatvuori, 2008

Jeyanthi Siva is an international trainer in Communication, healing and empowerment. In the late 90's, along with other trainers from Berkeley, CA (USA), she co-founded the Diversity Project to bring Nonviolent Communication to people of color who have traditionally been blocked in their ability to access equal opportunity (in education and jobs as well as political and societal power). In 2002, she moved back to her native country of Sri Lanka where she taught NVC in many different parts of the Island.

She has trained counsellors, teachers, human rights officers, University students, lecturers and NGO workers (local and international) as well as professionals (doctors/ psychiatrists and academics) and people working in the corporate sector on the principles and applications of Nonviolent Communication. She has conducted 2 hour introductory presentations on NVC and 1 to 3 full day trainings as well as 6 day in-depth residential training programs in Sri Lanka as well as USA. She has also conducted lectures and presentations (including key note address).

Jeyanthi's vision and greatest hope is to contribute to healing, reconciliation and peaceful coexistence of all the different communities of Lanka and by extension the sustain life powerfully and peacefully.

Recently, Jeyanthi has also been incorporating the teachings of Joanna Macy (Work that Reconnects) which is founded on Ecology and Systems theory as well as Buddhist scholarship.

Jeyanthi studied Nonviolent Communication with **Miki Kashtan**, **Marshall Rosenberg** and others from the International Center for Nonviolent Communication which headquarters in the USA and has trainers all over the world. She has been studying with and mentored by **Joanna Macy** since 2002. She also trained and served as a community mediator with the Conciliation Forums of Oakland, a community mediation center in Oakland, California (USA).



Jeyanthi Siva, Sri Lanka

International trainer in

- Communication
- Conflict resolution
- Mediation
(based on Nonviolent Communication, Marshall Rosenberg)
- Despair and Empowerment
(Joanna Macy)



Outside of Sri Lanka, she has conducted NVC workshops and presentations in California, New York, Singapore, India, Germany, Netherlands, United Kingdom and Switzerland. Her academic background is in South Asian Studies (MA program) at the University of California, Berkeley (USA) and Philosophy and Psychology (BA) at Rutgers University, NJ (USA).

Jeyanthi is also the Founder and Director of Sandhi Institute: <http://www.sandhi.org/>

What some previous participants have said about Jeyanthi's trainings:

"Jeyanthi's greatest contribution to Singapore has been her willingness to create workshops to meet the specific requirements of her audience. I find her particularly supportive of those participants who have more difficulty expressing their requests, helping them towards finding the sensory and specific language they need to make themselves understood".

Liz Gay, Singapore, NVC organizer and trainer, 2003

"What Jeyanthi helped me to realize created a massive shift for me. My whole life started to change. Within days, I began having clear images of me handling situations with ease and with confidence. Within one week, I found confidence in myself to promote and advertise my work that I had struggled to find for years before. I am so amazed at this. Thanks to her input and guidance, life-long fears have somehow utterly evaporated. I am now able to promote my work with ease and confidence and I am clear".

Gail Taylor, New York, 2002