

# Workshops

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## Active Listening 101

Who is this training for:

- Anyone looking for theoretical basis and concrete tools to improve their active listening skills.

What is covered:

- The workshop covers the basics of active listening through concepts definition, collective reflections, and practical exercises. Starting from an overview of different listening modes, the workshop tackles the concepts of suspension of judgment and resonance before diving into listening techniques. We explore non verbal communication, silence, and when is it appropriate to give advice.

This is not:

- A class on how to become a therapist. A substitute for professional psychological support for people going through difficult times.

Duration:

- Around 1h and 30minutes (can be extended to up to 3 hours - and divided across two different sessions - to give more space to the exercises and the time dedicated to practicing with the participants).

## How to support someone who experienced harassment

Who is this training for:

- Anyone wanting to learn how to have a supportive response to someone in their life disclosing that they have experienced sexual harassment/violence.

What is covered:

- The workshop covers some basic principles of active listening and provides a framework to help respond to someone disclosing an instance of sexual harassment. Through concepts definition, collective reflections, and practical exercises the workshop gives participants concrete tools to (1) maintain the focus on the person disclosing, (2) suspend judgment, and (3) give them back the agency to choose.

This is not:

- A prescriptive list of actions to take to report someone to the authorities. A presentation on useful numbers/resources to contact in case of harassment. A substitute for professional psychological support for people who have experienced sexual harassment/violence.

Duration:

- Around 2 hours (can be reduced to 1h30m or expanded to about 3hours with a break mid-way)

# Introduction to Non-Violent Communication

Who is this training for:

- Anyone looking for tools to tackle difficult conversations and to foster connection through conflict.

What is covered:

- The workshop is an introduction to Non-Violent Communication: the model developed by Marshall Rosenberg and based on empathy. Starting from real-life situations, we examine the components of the conflict and then work to identify observations, feelings, needs, and requests. We practice expressing our feelings in a clear and non-judgmental way, listening to others with empathy, and imagining strategies that can satisfy everyone's needs.

This is not:

- A way to decide who is right or wrong in an argument. A space to describe our personal conflicts in details. A way to avoid conflict or say things in a nicer/softer way.

Duration:

- At least 2 hours (can be extended depending on the available time by dedicating more space to each of the steps of the model)