



HEALTHY COMMUNICATION COURSE FOR SCHOOL STAFF

Healthy communication between adults is what creates a strong school culture and promotes social well-being. The content of the course is based on Nonviolent Communication by Marshall Rosenberg. During the course, participants learn:

- how to make observations (as opposed to judgments).
- how to articulate their feelings and needs.
- what to do when they feel overwhelmed.
- how to avoid going up the ladder of inference.
- how to listen to others for their feelings and needs.
- how to empathize with others.
- how to set aside patterns that interfere with listening.
- how to make requests (not demands) of others.
- how to apply the content of this course to interactions with students, colleagues & families.

Participants receive a workbook to use throughout the course, which can be conducted virtually or face-to-face.

Dr. Jenn works with your school's budget to determine pricing, timing and length of the course, which can range from 5 hours to 30 hours, depending on the school's needs and constraints.

Topics Addressed in the Communication Course:

- Overview of Nonviolent Communication
- Challenges in Communication
- What does it mean to observe rather than judge?
- How do I identify and articulate my feelings?
- How do I identify and articulate my needs?
- How do I make a request rather than a demand?
- How can I respond in conflicts?
- How can I say 'no' in ways that maintain relationships?
- How do I empathize with myself?
- How do I empathize with others?
- How do I use empathy to navigate conflict?

Teaching Methods Used:

- Small group discussions
- Whole group discussions
- Videos
- Self-assessments
- Reading
- Brief lectures
- Role-playing
- Experiential activities
- Writing
- Self-reflection

With Dr. Jenn's support, educators can learn techniques that contribute to the implementation of these three pillars of classroom management.

Call or Email Dr. Jenn today to discuss the needs of your school.