



10-17 SEPTEMBER 2022

# NONVIOLENT COMMUNICATION IN SARDINIA

## AN INNER AND OUTER ADVENTURE

We invite you to practice Nonviolent Communication (NVC) together  
and to enjoy a week of vacation  
in one of the most beautiful islands in the Mediterranean

This is an opportunity to deepen your NVC awareness and skills. A support to communicate in a way that makes it easier for us to understand each other and find the collaboration we like.

We will get tools to come around communication blocks, get out of conflicts and strengthen the empathic energy within us and between us. It is also an exploration of self-criticism, stress and the longing for more warmth, appreciation and connection in life.

In the challenging times in which we are living this is an opportunity to reflect together on how dialogue and nonviolence can affect non only our personal relationships but the collective level as well.

You will deepen your awareness and expand the empathic space in your life, increase your skills by practicing and develop your personal NVC vocabulary, your “street giraffe”.



TOMB OF THE GIANTS  
LI MIZZANI  
PALAU, SASSARI



## Some topics we would like to attend to:

- Keeping your self-connection in turbulent moments
- Engaging with enemy images, anger and self-blame
- Cultivating and expressing celebration and gratitude
- How to switch from a “power over” to a “power with” approach in the interaction with others
- Living NVC beyond polarization to contribute to social change

---

## We welcome you who are new to NVC and you who are looking for in-depth training.

Participants should have read the book  
**'Nonviolent communication, a language of life'** by **Marshall Rosenberg**  
or have attended at least a two-days training.

---

These summer days are also for recreation, visiting the most beautiful and interesting locations in the island, hanging out in the garden, by the sea, in the environment and eating delicious food.

### **So what do you think about enriching the summer with some wonderful days for yourself and in community with others who want to combine vacation with personal value?**

We'll be hosted by Agriturismo 'La Cerra', close to Tempio Pausania in the heart of Gallura [[agriturismolacerra.it](http://agriturismolacerra.it)].

Arrival on Saturday 10. Dinner will be served at 8:00 pm. The seminar starts on the 11th at 9:30 am. Departure Saturday 17 after lunch (1:00 pm).

The seminar is in English with Italian translation.

Half of the day will be devoted to NVC practice, the other half to sightseeing and leisure.

Local transportation will be organized collectively either with private cars or, if we reach the minimum number, with a private bus service.

---

### **Cristina Buongiorno**

She deals with training and conflict mediation. She passionately spreads the NVC because she firmly believes that by changing the way we communicate and relate we can influence a change in the world; in this way the values of reciprocity, respect and peace can be truly shared among human beings.

### **Meri Ciuti**

She is a social and scholastic mediator with a degree in Peace Sciences, a trainer in projects for students, teachers and parents on nonviolent conflict management and peace education. Since 2005 she has been practicing and living the NVC applying it to a plurality of areas and facilitating self-learning groups. She has been a learner of Marianne since 2008.

### **Marianne Gothlin**

Of Swedish nationality, she is a certified teacher and trainer in Nonviolent Communication (NVC). Since 1990 she has worked in education with children, teenagers, teachers, parents and leadership teams, using the NVC process to promote democracy and empathy-based relationships in schools.



#### INFO IN ITALIAN:

- Cristina Buongiorno - [fuochisacri@gmail.com](mailto:fuochisacri@gmail.com) - 328.9719479
- Meri Ciuti - [mericiuti@gmail.com](mailto:mericiuti@gmail.com) - 340.6690221

#### INFO IN ENGLISH:

- Marianne Gothlin - [marianne@skolande.se](mailto:marianne@skolande.se)