

Non violent communication

Hello upswingers,

Disclaimer: there's nothing violent in this. It's more about love ❤️.

The thing is that communication occupies a large part of our time. And most of the times is key to our success — in relationships, in the workplace and as a person in general.

And I know it seems that we're born with this ability but the reality is that speaking is different from communication. And communication it's like any other skill - we have to be aware of our level, develop and master it to have beautiful and meaningful relationships.

The workshop

For today workshop we'll gather at 9AM, have a coffee/tea and start at 9:15 in breakout rooms of 4.

For the rest of the workshop each room will have to make their own setup and schedule. Just make sure you plan breaks and debriefings between each lesson.

There's no need for group debriefing at the end. When you're done, check your emergencies 🚑 and go get some vitamin D.

How not to take things personally and be aware of our defence mechanisms

One of the keys to efficient communication is to be open to ideas, to our interlocutor's point of view and for this we need to be aware of our defence mechanisms and not take things personally.



https://www.youtube.com/watch?v=SV0-K4e_qbg



https://www.youtube.com/watch?v=LnJwH_PZXnM

Conflict and why it's important

Look around you. Conflict makes up a good part of our communication. We have to learn to master it because this is how we grow. The best relationships are not the ones that don't have disagreements but the ones that can resolve them. Great partnerships are self-built over time not put together.



https://www.youtube.com/watch?v=55n9pH_A0O8

Speaking vs. communicating and how to argue

And now the most important part. What communication means. How is it different from just speaking. How to say things so that our partner will listening.

Speaking vs communicating



<https://podcasts.apple.com/ro/podcast/sezonul-3-episodul-2-ce-vorbirea-și-comunicarea-sunt/id1481214523?i=1000491644934>

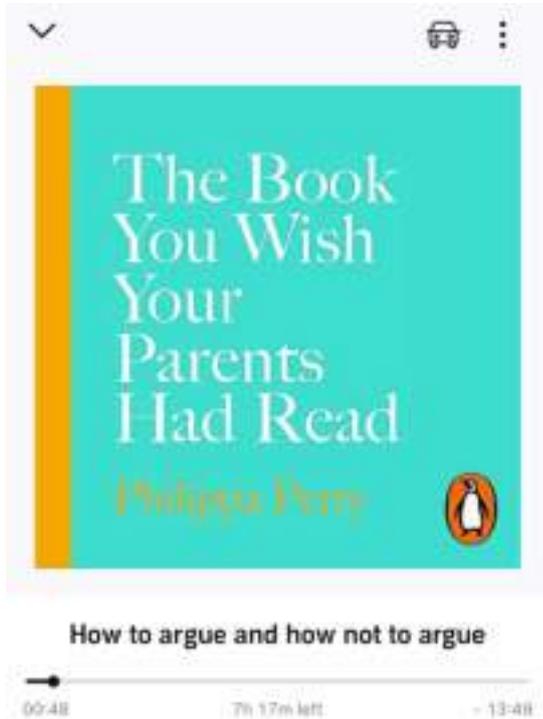
**a very nice podcast in general*

And YT link: <https://www.youtube.com/watch?v=DdM-yl9DJKw>

How to argue - speak in I statements vs you statements

Change *children* with *persons* and *families* with *relationships* (being at home or work), learn about *fact tennis* and don't forget that the aim of an argument should not be to win it but to find a workable solution.

**great book for parents*



<https://drive.google.com/file/d/1bf-nplceKg3aN10IgYNfc6mvcih-mITA/view?usp=sharing>

The Homework

A lesson learned is a change in our behaviour, a shift in our paradigms, a new set of lenses we see the world through. So the hardest part is not **receiving the information** from these workshops. The hardest part is to internalise **it, think a lot about it and make a change** in how we do things after.

To maximise the chances of sticking to something after this workshops, each team will propose a system/trick/idea that can remind us and keep us accountable of what we want to change.