

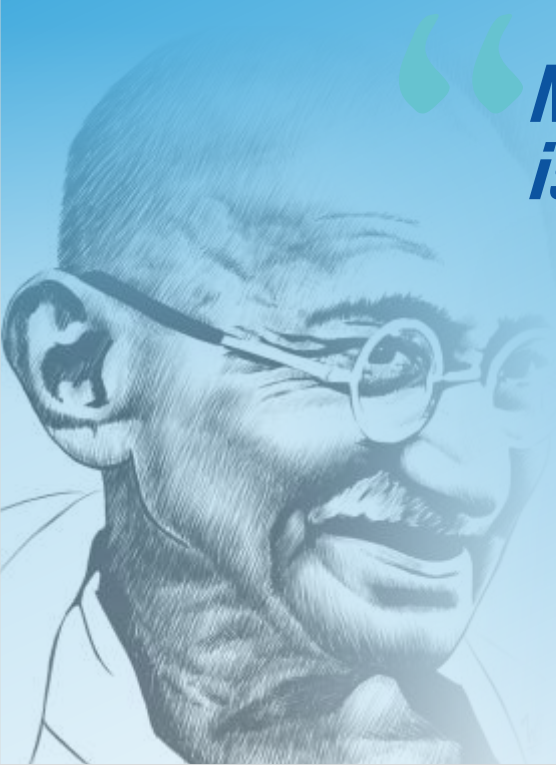


SOCIETY FOR
EMPOWERMENT



***“Nonviolence
is a weapon of the strong...”***

Mahatma Gandhi



Certificate Course



SOCIETY FOR
EMPOWERMENT

**Certificate
Course**

Exploring Nonviolent Communication for Holistic Coexistence

Nonviolent communication is a holistic communication ecosystem which, when we practice in our daily lives, helps in harmonious coexistence, emotional bridge building and strengthening of relationships. It contributes to our well-being and happiness. To promote nonviolent communication and make it part of our daily practice, the Society for Empowerment is launching the 16-week Certificate Course.

Key Highlights:

- The course is practical oriented.
- The course will be conducted by senior practitioners who have experience in conducting similar courses.
- Extensive use of case studies during the classes.
- The last session will entail presentation by participants based on a small activity- based dissertation which will be given to the students.
- Total 16 Weeks Programme
- Classes : Every Week 1.00 hr for one day
- Evening Classes – 8.00 – 9.00 pm
- Online final exam with Multiple Choice Questions- 100 marks; 50 questions
- On Successful Completion Certificate to Participants shall be given

Programme Mode : Online

Online Platform : Google Meet

Faculty : National & International Gandhian Academicians and Peace Professionals

Study Material : The participants shall be provided hard copy of the study material.

**Programme
Fees:**

- For Working Professionals **Rs. 5000/-***
- For Students **Rs. 2500/-***

(*Inclusive of study Material)

Interested candidates to fill the Google Form

<https://forms.gle/ExveVv7ot663TUvw6>

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Society For Empowerment

www.sfe.org.in

Learning Sessions:

A major challenge for communicators in the 21st Century is to work for the promotion of a healthy communication ecosystem at all levels- right from an individual level, families, institutions, societies, nations, and at the global level. The contemporary hyper-technological environment which is characterized by media convergence, the deepening of communication globalization, the rise of noise in speech across different communication platforms, and the advent of the post-truth era necessitates new innovative approaches to ensure a healthy communication ecosystem. Accordingly learning sessions have been created.

Class 1 : Why the need for Nonviolent Communication in the Contemporary Society?

- Importance of communication in our live
- Unhealthy and toxic communication and their impact

Class 2 : Rudimentary Understanding of Nonviolence

Class 3 : Deconstructing the Gandhian Model of Nonviolent Communication

Class 4 : Introducing Nonviolent Communication and its elements

Class 5 : Nonviolent Intrapersonal Communication for inner peace

Class 6 : Use of Appropriate and Positive Language

Class 7 : Stereotypes as a barrier to Nonviolent Communication

Class 8 : Skills of Empathy as an element of Nonviolent Communication

Class 9 : Compassion as an element of Nonviolent Communication

Class 10 : Avoidance of Moralistic Judgements and Negative Evaluative Language

Class 11 : Active and Deep Listening Skills

Class 12 : Nonviolent Communication as a strategy of conflict resolution

Class 13 : Nonviolent Communication as a tool in workplace

Class 14 : Using Nonviolent Communication in Mediation

Class 15 : Measurement of Nonviolent Communication



Society For Empowerment

For more information Please visit the website

www.sfe.org.in

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