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|  | GIRASOL sprl – Banoyard, 817 – 4910 THEUX  Sophie Grosjean – tél. : +32 479 89 07 26  email : [sg@girasol.be](mailto:sg@girasol.be) |

An introduction to NonViolent Communication

« Discovering our inner child and NVC with the Smile Keepers program »

Seminar co-led by Simone Roth, trainer.

This seminar is for all those who wish to step into their inner child's way of perceiving the world and discover in a playful way who they are beyond their roles as adults, parents or educators.

Games, observations, drawing, movement and exchanges invite participants to relate to their inner being, their body, their curiosity and their potential for development as well as to perceive themselves and others without judgment. All activities contribute to playfully learning the key elements of nonviolent communication, to express yourself with ease and authenticity and to listen with kind curiosity to other people expression.

The playful relational work activates and reinforces the following abilities:

* self-awareness
* empathic perception
* communication skills
* clarity and acknowledgement of own needs and feelings
* self-confidence

The elements that allow empathy with oneself and others: feelings, needs, perceptions, clear and doeable invitations , are explored in a relaxed atmosphere. The feelings and needs are made tangible and describable. During these two days of training we will not go into conflict resolution skills but instead stick more with the exploration of the inner skills needed to have authentic connection with children come easily to us.

The proposed activities are inspired by the "Smile Keepers" program of activities for children and adolescents (5-15 years) that promotes emotional and social development, as well as Nonviolent Communication.

Two books can potentially and advantageously complete the training. They contain the entire "Guardians of Smiles" program, designed and written by Nada Ignjatović-Savić, a certified CNV trainer.

Target audience: this seminar is open to all, without pre-requisite

It can be particularly inspiring for all adults in relation to children and young people, whether they are ...

• active on the educational level, wishing to develop an attitude at the service of life,

• parents who want to empathize with their children ,

• ready to accompany children in their learning.

**The seminar will be given in English with interpretation into French.**

**Practical informations :**

Days and time :

Saturday, June 8th till Sunday, June 9th, 2019, from 9h30 till 16h30.

Location :

Ferme du Banoyard – Banoyard 817, Theux – Belgium (closeby Spa).

Tuition fees :

* + Particulier : 250 € (VAT included)
  + Professional, not subject to VAT : 400 € (VAT included)(with receipt)
  + Professional, subject to VAT : 480 € (VAT included) (with bill)

Lodging and meals :

* The training is not residential and the meals are not included. We propose that each participant brings food and a drink of his/her choice and we will share a pot-luck!
* There are possibilities to stay at the [Ferme du Banoyard](http://www.fermedubanoyard.be) on request.

Registration :

Using the attached form.

Informations :

Sophie GROSJEAN – [sg@girasol.be](mailto:sg@girasol.be) - +32 479 890 726

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REGISTRATION FORM

     To be completed and sent to Sophie GROSJEAN

sprl GIRASOL – Banoyard, 817 - 4910 Theux - Belgique

Email : [sg@girasol.be](mailto:sg@girasol.be)

NAME………………………………………………….FIRST NAME …………………………………………………………………

Occupation : ……………………………………………………………………………………………………………………………

Company : …………………………………………………………………………………………………………………………………

TVA : ………………………………………………………………………………………………………………………………………….

Tel: ……………………………………………………………………………………………………………………………………………

Mobile : …………………………………………………………………………………………………………………………………….

e-mail : ……………………………………………………………………………………………………………………………………

Address : ……………………………………………………………………………………………………………………………………

Postal code : ……………………………………………………………………………………………………………………………

City : …………………………………………………………………………………………………………………………………………

Country : ……………………………………………………………………………………………………………………………………

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* Registers for the seminar “Discovering our inner child and NVC with the Smile Keepers program”*,*  June 8th and 9th, 2019, and pay the tuition fee of 250 / 400 / 480€ (please circle the price that corresponds to your profile)

To the bank account of sprl GIRASOL :

IBAN : BE95 6528 1682 4958 - SWIFT (BIC): BBRUBEBB

Bank : ING Belgique

**The registration is completed only after the tuition fee has been paid. The sum of 50€ will be due in any case of cancellation. The sum of 100€ will be due in case of cancellation less than 21 days before the start of the seminar. The tuition fee not be reimbursed at all in case of cancellation less than 15 days before the start of the seminar.**

SIGNATURE……………………………………………