



**HEAR!
HERE!**

Dialogue
and
listening
platform

**NON-VIOLENT
COMMUNICATION**

**WORKSHOP #2
FOR TEACHERS**

w/ Cara Crisler + Mirjam Schulpen

Wed Nov 6, 5-7pm
4th floor B&C

WORKSHOP #2 NONVIOLENT COMMUNICATION

WEDNESDAY, NOVEMBER 6, 17:00-19:00

During this workshop facilitated by Cara Crisler and Mirjam Schulpen, we discussed the 'nonviolent communication' model for peaceful and compassionate communication as developed by psychologist Marshall Rosenberg in the 1960s.

This model is based on the principle of understanding that each individual ultimately acts from innate (positive) human needs and feelings. According to the model, observing these needs and feelings as well as learning to express them and make requests will result in more empathy, compassion and connection. Listening was presented as an important aspect of this approach.

What is the limit of compassion and empathy? The workshop was met with many critical questions, especially concerning the allegedly universal human needs and solely positive intentions as presented by the model.

We learned that a workshop on a model or a specific approach to dialogue should always include a (historical) context and political awareness as well as taking into consideration the importance of body language.

CARA CRISLER & MIRJAM SCHULPEN



[Cara Crisler and Mirjam Schulpen provide training, coaching and mediation services based on the model of nonviolent communication.](#)

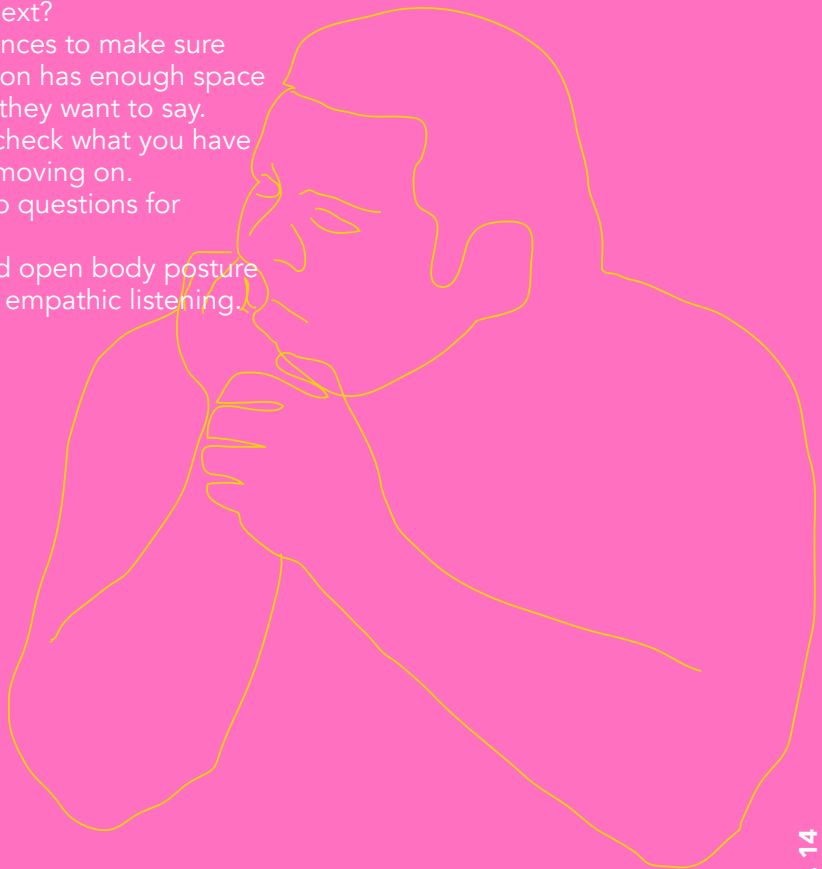
TAKEAWAYS

EMPATHY IN DIALOGUE

Where is the other person coming from? Why do they think the way they do? And what are the boundaries of seeing where someone else is coming from?

EMPATHIC LISTENING

- Can you pause your own thoughts and needs and focus on what is being said?
- Can you remove your ego and resist anticipating what you're going to say next?
- Allow for silences to make sure the other person has enough space to share what they want to say.
- Repeat and check what you have heard before moving on.
- Ask follow-up questions for clarification.
- An active and open body posture contributes to empathic listening.





HEAR! HERE!

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**INTER-
GENERATIONAL
DIALOGUE**

EVENT #2

Wed Nov 20, 5-7pm
Theory Stairs
FedLev

A dialogue hosted by Hear! Here! searching for Rietveld/
Sandberg's institutional memory. How has the school changed
and how is it changing? How can we speak across generations to
explore similarities and differences?

HH SCHOOLWIDE EVENT #2 INTERGENERATIONAL DIALOGUE

WEDNESDAY, NOVEMBER 20, 17:00-19:00 (THEORY STAIRS, FEDLEV)

This schoolwide event was focused on intergenerational dialogue. It was co-organised by Jason Hendrik Hansma and Martine Neddham. How can we listen across generations? What is the institutional memory of the schools?

The schoolwide event started with a statement by Martine Neddham on the importance of 'institutional memory', after which Jason facilitated a conversation between Eric Kammeron (Head of the Canteen) and Eva Mahhov (2nd year student Jewellery – Linking Bodies department). Jason opened the conversation by questioning what the official memories of a place are as opposed to the unofficial memories we carry in our bodies that come with the architecture, the food we eat in a place and our day-to-day interactions. Eric and Eva both shared their experiences of being in this place, and the changes they have both seen during their time in the institution.

After this conversation we asked the audience in the room to arrange themselves on the stairs according to their time spent in the institution, after which we split into pairs to have a conversation on each person's earliest memory of being in the institution and the biggest change they have experienced there.

