

# Successful Workplace Communication (Nonviolent Communication)

18 July 2025 10:00 AM - 18 July 2025 05:30 PM

## Brief Overview:

- To empower professionals with the tools of Nonviolent Communication, enabling them to handle difficult conversations with empathy, confidence, and clarity, while enhancing team synergy and workplace culture.

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## Session content:

- Understanding the Four Pillars of NVC: Observation, Feelings, Needs, Requests
- Emotional literacy: Expressing feelings without blame
- Listening with empathy: Understanding what's behind the words
- Assertiveness with kindness: Saying “No” with grace
- Building psychological safety through authentic conversations
- Real-life workplace roleplays and conflict resolution exercises

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## For Whom:

- Managers & Team Leaders
- HR Professionals and People Managers
- Cross-functional Teams

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## Key Takeaways:

- Speak clearly, without blame or judgment
- Identify and express your own needs and feelings effectively
- Listen empathetically and defuse workplace tension
- Handle tough conversations without damaging relationships
- Set healthy boundaries while staying connected
- Transform conflicts into opportunities for collaboration and trust-building
- Build a culture of respect, psychological safety, and belonging
- Anyone seeking emotional clarity and effective conflict navigation

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## Facilitator profile:



**Mrs. Rama Ravee Titti**

**Founder-Director,**

**Theeshiksha Group of Companies**

- International certified Corporate Trainer | Master NLP Practitioner | Empowerment & Personal Branding Coach | Lions Quest Trainer | FDI Graduate | International Certified SEL Trainer for Growing, Adolescence and Youth | Therapist: CBT & SFBT
- 20 years of Experience - Corporates (Middle Level, Upper Level, Directors & CEOs), Training College & School Students, Teacher Training Workshops, Youth & Women Empowerment Programs.
- Conducted more than 2150 workshops, training, seminars, and guest lectures.

## ACHIEVEMENTS

- Interviewed by leading Indian Television Channels - Jaya TV, Vijay TV, Podigai TV & received Sadanai Penmani Award from Doordarshan
- Featured in Womation Magazine
- Appreciated as Best Teacher by Chinmaya Mission
- Recipient of HERO medal by Lions International for New Voices
- Received Tejaswini Award from All India Women's Association

## Fee Details:

- **Fee Details**
- Member amount : Rs 0.00- (Including 18%GST)
- Non Member amount : Rs 0.00- (Including 18%GST)
- Total Member count :