

# Rondabout, connection when communication jams

## TRAINING

**How to express yourself and show empathy to others?**

Are you striving for team communication without conflict? A team in which everyone communicates with each other respectfully, openly and honestly? In other words, do you dream of connecting communication between colleagues? Well, this is the training for you. Two intense days to transform everyone's perspective from 'I' to 'us'. Trust us: this is how communication can really bring you closer together again. How? We practice merging together at the roundabout.

We will explore four different paths: perception, feeling, need and request. Moreover, we adjust the final destination of your GPS from 'being right' to 'connecting'. The outcome is not to speak ABOUT each other, but rather WITH each other. And always in a connecting way. Do you want to develop your most honest and empathetic self? Let's get started right now and pave the way for a team with more connection, deeper trust and higher productivity. Are we off?

## LENGTH

**two 8-hour days**

## NUMBER OF PARTICIPANTS

**between 4 and 12**

## LANGUAGE

**Dutch, French or English**



## LEARNING OBJECTIVES

**In a nutshell: what will you learn during the two-day training?**

The principles of connecting communication:

- Only you are responsible for how you deal with your emotions.
- Feelings are a signal that needs have or have not been met.
- You are responsible for meeting those needs.

Insights and tips on how to strengthen connection.

Exactly what your inner jackal and giraffe are. And just how big your jackal content is.

To translate jackal language into giraffe language.

That you create connection when you first understand the other person, only then wanting to be understood.

That it's best to be curious about how the other person experiences it. What questions you ask and how you show empathy.

That you should let go of your expectations and not take things personally.

That it's best to always say what you feel and need.

The difference between listening with jackal ears or giraffe ears.

The model of connecting communication: perception, feeling, need and request.

How to practice self-empathy when you are struggling.

That the extent to which you are able to communicate connectively is related to your carrying capacity.

How to express yourself in a connecting way with everyday language.

That practice pays off. That is why we will work on your cases. So you learn to be understood, what your pitfalls are and how best to respond empathically.

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