

Building Bridges by Communicating now

Communication Training



Evangelical Lutheran Church
in Tanzania



Evangelische Kirche
in Deutschland

Not a complete training ... but

Some reflections on peaceful communication in school contexts

(this topic needs more time than just one hour!)

... and some ideas for the communication for successful ambassadors

Overview

Reflected communication for peace

Overview on principals

Some selected technics

What my ambassadors do?

Communication as an Ambassadors' Challenge and Resource

Often people do not communicate enough

- Bring people into talking!

Exercise 1: Bringing people into talking

Put yourself in an order – find out about the others and agree on a line

- How important is the Christian message for your work ?

Language may

- Connect people and motivate for development

Or

- Be a source of conflict and negative feelings

This is very important for schools and school-related communication!

Communication for peace

(see Marshall B. Rosenberg “nonviolent communication”)

- Avoiding a language which induce negative feelings including moralistic judgements
- Looking for a language which clarifies needs, feeling and perceptions
- By talking about observations, feelings, needs and requests

When I observe a, I feel b, because I need c. Therefore I ask for d.

- Dynamic language (which includes change), separates objective observations from feelings, critiques less and ask for change

Four parts of nonviolent communication

- **Observation:** it should be related to the behavior of the student/colleague: "If you talk loudly during I write on the blackboard"
- **Feeling:** it should show the own feelings: „.....I fear that I will do some mistakes“
- **Need:** it should address the effects „.....it is very difficult for me to concentrate and continue writing“
- **Request:** Could you please talk less?

Exercise 2: React ! Use nonviolent communication

Choose two situations. Talk to your neighbour. He / She will give you feedback. Then do the exercise vice versa.

- Students are fighting.
- A colleague did not bring back a book you borrowed him.
- You feel blamed by the critique of your boss.
- You are angry as other ambassadors are not as much engaged as you are.

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- **Need:** it should address the effects

- **Request:** Could you please talk less?

Understanding the thinking of others as part of non violent communication

- Objective: To learn about the position of the **speaking person**
- To communicate **without** bringing in your own values and interpretation
- Technic: Asking questions **related to what have been said** and **paraphrase the answer in your own words**

Example

„It is so difficult to cooperate with another school“

What is the difficulty? How did you experience this? What is the school you went for?

Not: No, this is not true, I know somebody who.....

“Students are not able to communicate in a peaceful way”

Which students do you have in mind? How did you experience?
How did the communication look like?

Not: Really? Did you try?

Emphases on change

- Did you do?
- Did you inform?
- Did you meet?

Language of control
Focusing the input

- How was it?
- What feedback did you get on?
- How was the reaction on?

Language of change
focusing the impact

Paraphrasing

Repeating in your own words

At the end summarizing and asking „Did I understood well that?“

Exercise 3: Dynamic communication

Talk with an other ambassador/teacher about your experience to promote

- either GPEN reformation
- or the Christian profile of you school/institution

Person A: Talking

Person B: Three minutes listening with asking

Three minutes listening with paraphrase

Then vice versa

What may ambassadors do?

- Work for yourself or in your working community on nonviolent communication.
- Be a role model for others
- Create opportunities for communication
- Promote peace in schools by promoting nonviolent communication among teachers and students
- Include this aspect in your activities
- Organise trainings
- Organize online activities

Summary

- Talk about yourself!
- Talk on your feelings!
- Do not criticise but request!
- Talk about your vision!
- Use dynamic language!

Communicate!