

# EXEMPLAR

**Young Migrant Integration Leaders**

## Module 3 – Unit 1

**Non Violent Communication**

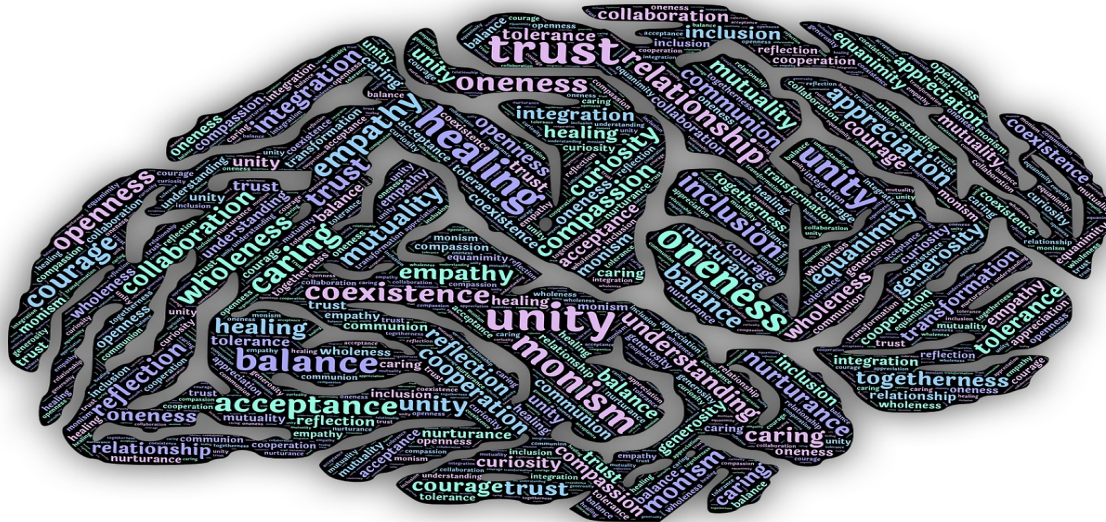


# HELLO!

# Activity 1

## Zip, Zap, Boing

# Non Violent Communication





## Four Steps in 'Self- Expression' Mode



## Activity 2

I hear you saying that...

# Activity 3

## Connection



# Feedback



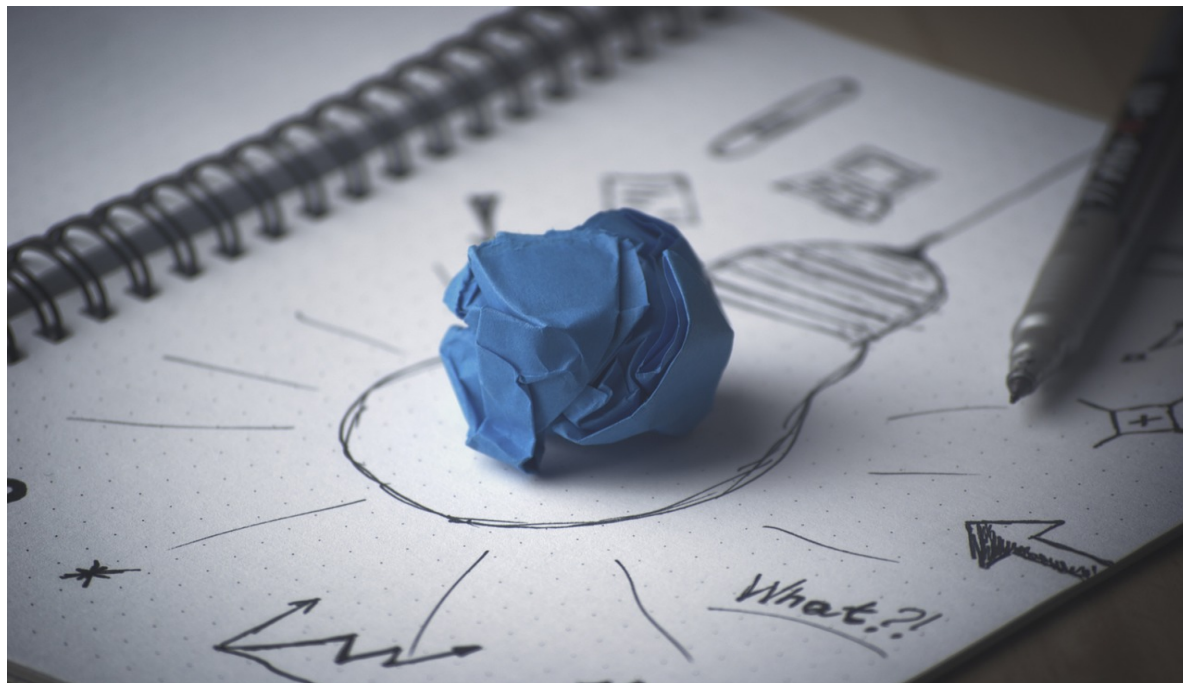
# Activity 4

## Active Listening and Observation

# Debriefing



# How to be an Active Listener?



# Activity 5

## Needs and Feelings

# The Forest of Needs and Feelings



**“I love it when...”**





# exemplar



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