

## WFWP Norway's seminar on Non-Violent Communication with Margoth Kalstad

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June 29, 2019



WFWP Norway had the honour to host an afternoon seminar with gestalt psychotherapist Margoth Kalstad about Non-Violent Communication.

The focus of this seminar was to understand the difference between needs and wishes.

Our needs are universal while our wishes are individual.

Part of this introduction to NVC were reflections about and sharing of our own wishes and needs, and how we communicate those.

We tried out our new skills in conversations, role-play and a board game about Non-Violent Communication.

A new perspective on communication and both deep and fun conversations were the outcome, due to the feeling of safety and connectedness which all participants shared.

FFWPU Center, Oslo, 29 June 2019

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