



- **5 evenings** of 2 ½ hours (including breaks) **online** on **Zoom**.
- **Mondays** (25.05, 1.06, 8.06, 15.06 and 22.06.2020) at 19:00-21:30.
- **Price:** 160 Euro. Sliding scale 160-200 Euro or 1.200-1.490 DKK.
- **Register here:** <https://bit.ly/3bgQQRt>

The Surprising Purpose of Anger

Would you like:

- to learn how to transform your anger into a guide for change?
- to see the anger as passion about something that touches us deeply?
- to use anger as a positive force for change?

There are reasons for anger, for indignation and frustration.

Taking our anger out on other people puts us on hold, closes doors and **pushes others away**. And often we end up in resignation, apathy and depression. We **give up** because we cannot direct our anger in a constructive place.

It is often people who are close to us who become targets of our anger and often we end up **scolding ourselves** when we have scolded our loved ones.

This course can teach you **how to use anger as a constructive force** that can change the world for the better and help you succeed in your projects. Over 5 evenings we will work to get to know the anger better, **accept it** and **transform it** into a precious guide.

Anger is your friend

- Learn about anger Management
- Understand your own anger and its causes
- Find safe ways to vent your anger
- Love yourself and your angry side
- See conflict as an invitation to find new creative solutions

Our work will be **experience-oriented** and with a minimum of theory. We emphasize **practical exercises** that help us to **listen to the body**, and to use the body's resonance as a guide to what is real and true for each of us.

“I have learned through bitter experience the one supreme lesson; to conserve my anger, and as heat conserved is transmuted into energy, even so our anger controlled can be transmitted into a power that can move the world” — Mahatma Gandhi

Transform anger into life force

Nonviolent communication (NVC) known as the ‘Giraffe language’ contains a process that can turn anger into a force that can move the world. **Anger transformation** is one of several transformation processes in NVC.

In this course we work with **NVC as a tool** to find new ways in old conflicts and develop more appreciation for the angry side in ourselves. Our individual conflict history plays a role, and it is often childhood experiences that shape our way of dealing with anger.

The power of anger can be used to **create the life you want**.

Prerequisites and enrollment

We invite people who have **a desire for personal development** through work with anger.

Please read Marshall Rosenberg “The Surprising Purpose of Anger” prior to the course. The book is available from [Puddle Dancer Press](#), [The Book Depository](#) or in Danish at [Saxo](#).

When: 25.05, 1.06, 8.06, 15.06 and 22.06.2020 (Mondays) at 19:00-21:30 (5 sessions)

How: Online on Zoom (we will send you the link to the meeting after registration, check your email!).

To participate you need a stable internet connection, your preferred device with microphone and camera, pen and notebook.

Price: 160 Euro (sliding scale 160-200 Euro) or 1.200-1.490 DKK. **Recordings** included!

If you pay more than 160 euro, you will contribute to people who otherwise would not have possibility to attend the workshop, as well as to the trainers and the organizers. If you really would like to attend, and the price is keeping you from that, please get in touch with us.

Registration: <https://bit.ly/3bgQQRf>

Note: If you are from **Denmark**, as a payment method choose “Direct bank transfer” and then pay **1.200-1.490 DKK to Kommunikation for Livet at Folkesparekassen 9860-0000729795**. Mark the payment “**Anger**”. Kirsten will send you a receipt after receiving the payment.

Contact:

If you have any questions, please, send a message to: contact@empathiceurope.com

About the trainer:



Kirsten Kristensen (Denmark)

Kirsten is a family therapist, mediator and certified trainer with the Center for Nonviolent Communication, through which she has led Nonviolent Communication trainings in Europe, Asia and the Americas. For 25 years, Kirsten has devoted her working life to supporting others in personal development. Her passion is to contribute to the personal development and healing that enables people to move closer to conflicts and to grow the relational competencies that support social change work. She enjoys working with body, mind and energy consciousness that leads to connection beyond words. People who experience Kirsten’s training and facilitation often express enjoyment of how she models what she teaches with a drizzle of humor.

Website: kommunikationforlivet.dk

Organisers:

Empathic Way Europe: www.empathiceurope.com

Kommunikation for Livet: kommunikationforlivet.dk

If you would like to hear about Kirsten’s other offerings:

- Like her Facebook page <https://www.facebook.com/kommunikation4livet/>
- [Join her mailing list](#) to receive the latest about her NVC Courses in English
- Invite Kirsten to deliver a workshop for your group.
- Phone: +45 40 35 09 55 & E-mail: kirsten@livets-sprog.dk

We look forward to meeting and playing again soon.