

Kirsten Kristensen

CNVC trainer, mediator & expert in transformational processes



INTERNATIONAL

CNVC-certified trainer since 2003 and CNVC board member since 2020

I offer courses, therapy, coaching, mediation and training in Nonviolent Communication both online and internationally, so far including more than 18 countries around the world.

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Principles that guide my work

- World peace starts with inner peace
- Conflicts are an invitation to get creative and find better solutions
- Positive change requires courage to express our own needs and a willingness to listen to the needs of others
- I work to help as many people as possible in getting their needs met

My Nonviolent Communication Journey

Training with Marshall Rosenberg since 1998, the founder of Center for Nonviolent Communication (CNVC), has added a profound dimension to my work and life, particularly in regards to relational competencies.

I cofounded the Danish NVC association LIVKOM in 2009. The association works with individuals – from self-empathy to anti bullying in schools, and internationally with Peace Engineering and reconciliation after war. We work with public and privately funded projects that are widely adopted in the Nordic countries among others.

I am a family therapist from the Kempler Institute and Seminar leader from Familylab International and have undertaken professional development courses in psychology.

I live and work in Vejle, Denmark. My wish is to co-create a better world. When working together, the sky is the limit!

Specialisations and strengths

- Empathy, collaboration and Culture of Peace in organisations and institutions
- Transformation of anger and trauma into psychological safety and connection
- Training of NVC-trainers and others with extensive NVC experience
- Facilitate learning that develops and enriches people, not only adds to the toolbox
- Conflict management and mediation