



Kirsten Kristensen

Kommunikation for Livet

CV - Kirsten Kristensen

CNVC-certified trainer, mediator & expert in transformational processes

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Work experience

2003-now

Nonviolent Communication (NVC) trainer and facilitator in Denmark, Norway, Sweden, Finland, Germany, Poland, Netherlands, Austria, UK, Ukraine, Moldova, Russia, India, Nepal, Sri Lanka, Kenya, Brazil and USA. Several year long programs over 1, 2 and 3 years and also many stand-alone workshops on deepening and integrating the process of NVC and conflict resolution in all aspects of life. It also includes projects for the Victims Foundation and other Civil Society work. I have served as a trainer in 7 International Intensive Trainings (IIT) of the Center for Nonviolent Communication (CNVC), organized 2 IITs and participated in 8 IITs. An IIT is a 9-day training with international trainers and participants.

2021-now

Leader of the Coordinating Circle for [NVC School Rusinga](#), Kenya. Includes fundraising and coordination between seven sub-circles, and collaboration with 4 different support groups.

2016

NVC Trainer in the project Bringing Healing to Self and Others with NVC after the big Earthquakes in Nepal in 2015, organized by ProPublic and funded by GIZ. 100 people from almost all areas of Nepal gathered for 7 days of training. There is a lot to heal in Nepal. Trauma from the 10 years of armed conflict, big earthquakes in 2015, and a 4 month blockade of supplies from India. Participants went through the healing processes and gained skills to support others at home.



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2014

NVC Trainer in the project Healing and Reconciliation with Nonviolent Communication in Nepal that was organized by ProPublic and funded by GIZ. [See documentary](#). The project brought together victims of the war, ex-warriors, members of Local Peace Committees and government and together they created an action plan after deep listening for 7 days.

2014-15

Initiator, NVC Trainer and Consultant on the film project “A Culture of Peace in Schools” in collaboration with LIVKOM and Filmkompagniet. The purpose of the educational film and booklet is to provide teachers with NVC tools to engage with and understand conflicts in the classroom. The film is co-funded by the Danish Ministry of Education. [The film has been translated to 12 languages](#).

2012

NVC Trainer: 10 days of NVC-training to the young people in Sri Lanka so they would be able to act as mediators and help other young victims of the war.

2012

NVC Trainer: Training of young people from “the Human Harmonizer Program” in India, a program that provides higher education to poor, bright students from marginalized communities in India. The students are taken care of so that they can grow and stand out physically, mentally, spiritually and professionally. Thanks to their education, they will have a strong impact in their own community, attract others through their approach, behavior, skills, professionalism, and be of inspiration to others.

2009

Initiator, NVC trainer and consultant on the film project “NVC in 5th grade - an introduction to Nonviolent Communication.”

An educational film on NVC for teachers and school children. In the film I train a teacher and her 5th grade students in using NVC to handle conflicts and bullying in the classroom. Produced at Rosenlund Forlag and co-funded by Foreningen Aldrig Mere Krig (the Association “No more war”)

1997-03

Healing Dialogues at two medical practices, Kristian Romme in Ejby and Anders Munk in Brenderup

1995-99

Self-employed with NVC courses and private clients. Lecturer in personal development, psychology and yoga classes.

1985-94

Finance Department Assistant and Production Planner at A/S Kaj Neckelmann, Silkeborg, Denmark. Participated in the internal staff training and contributed to personal development courses.



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1978-84

For-lift and Truck Driver and other jobs at steel factories in between journeys to Africa and Asia

1974-78

Accountant for De Forenede Revisionsfirmaer, Copenhagen

1970-73

Trainee and Assistant in a bank, Den Danske Bank, Copenhagen, Taastrup and Hedehusene

Organizational experience

2020-23

Board member of [CNVC](#) - Center for Nonviolent Communication, a worldwide organization.

2009-now

Co-founder and board member of [LIVKOM](#), Foreningen Livsberigende Kommunikation (the Association of Life Enriching Communication) in Denmark

2006-now

Owner and Director of [Rosenlund Forlag](#), a publishing house that specializes in books and teaching materials on NVC and other personal development in Danish.

2005-now

Owner and Director of [Kommunikation for Livet ApS](#) (Communication for Life) in Denmark and works internationally.

Education:

1998-now

CNVC Certified trainer in Nonviolent Communication since 2003:

My first NVC training was in 1998 with Marshall B. Rosenberg. I have attended many NVC trainings, workshops and retreats in Denmark and abroad both as participant, organizer and trainer. I have had more than 100 days of training with Marshall B. Rosenberg. Some of the trainers I have learnt from include: Gina Lawrie, Jorge Rubio, Towe Widstrand, Dunia Hategekimana, Klaus Karstadt, Marianne Göthlin, Nada Ignjatovic-Savic, Robert Gonzales, Susan Sky, Wes Taylor, Dian Killian, John Kinyon, Sura Hart, Kathleen Macferran and many more. In 2003 I received certification as an NVC trainer for CNVC - Center for Nonviolent Communication.



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2006

Seminar Leader from FamilyLab International GmbH, Baar, Switzerland

2000

Family Counselor from The Kempler Institute of Scandinavia, Denmark.

1995

Psychology II, The University of Odense, Denmark

1987

Body Therapist and Massage Teacher, Nordlys Centret ApS, Silkeborg, Denmark

1978

Psychology, HF Albertslund Forberedelseskursus, Denmark

1976

Higher Diploma in Accounting, part one, Copenhagen Business School, Denmark

1973

Bank Clerk, Forstædernes Handelsskole, Købmandsskolen, Albertslund, Denmark



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