



PhD Course

**Klarheit und Souveränität in beruflicher Kommunikation/
*Clarity and confidence in professional communication***

Gewaltfreie Kommunikation / Non-violent communication

8 + 10 October 2025 (each 9-13 hrs.)

HCHE, Esplanade 36, room 4030/31

Course Instructor: Dr. Claudia Wunram

Course Value: 1 credit point (CP) (Ergänzung/supplementary course)

Course Language: German (If there are international participants: English)

Software: N/A

Prerequisites: None

Registration: Please register via **STINE** (maximum number of participants = 12).

Course Overview & syllabus:

Successful communication involves listening as well as speaking. In a professional context, we usually try to argue objectively and to approach the other person with an open mind. But what happens when the other person's statements are difficult for us to hear and trigger emotional reactions in us? In such cases, we either attack, turn away or are possibly speechless. In any case, the willingness to listen to each other is lost and contact is strained.

How can we express ourselves in such a way that our own concerns are not neglected in our daily work? And how do we best adapt our communication to our counterpart and hear what they really want?

Methodology:

This practice-oriented seminar provides helpful impulses for dealing with each other. Participants work in individual, pair and group exercises based on non-violent communication (NVC) according to M.B. Rosenberg and learn how to deal with difficult situations.

Bio:

Claudia Wunram's career path began in climate science, then took her to science communication and, after training as a trainer at the Osterberg Institute, to the Hamburg Institute for Non-Violent Communication, where she trained as a NVC trainer.

Since 2015 she has been working as a freelance NVC trainer in and around Hamburg, supporting people in daring to change their perspective.