Inge Maassen

Offer 2026

Nonviolent Communication for organisations

In-company workshops and programmes for teams, in English or Dutch



Feedback lands hard or gets swallowed. A conflict drags on for months. In meetings, nobody says what is really going on.

With Nonviolent Communication (NVC) you learn to say what bothers you without attacking, and to listen without getting defensive straight away. We practise with situations from your own work, such as a difficult meeting or a conversation that keeps getting postponed.

From 3 hours to 4 sessions | Up to 12 participants | English or Dutch | On location

What your team learns

- Giving feedback without it turning into an attack
- Talking about a conflict before it grows
- Hearing feedback without getting defensive straight away
- Making a request instead of a reproach

Formats and prices

Introduction workshop

3 hours

€1,000

excl. VAT

The basics of Nonviolent Communication: observing, feeling, needs and requests. Practised with situations from your work.

Team day

6 hours

€1,800

excl. VAT · ~~€2,000~~ · 10% saving

A full day around one theme that is alive in your team, such as feedback or a conflict that keeps hanging around. Lots of practice, little theory.

Programme

4 × 3 hours

€3,600

excl. VAT · ~~€4,000~~ · 10% saving

Four times three hours, spread over two to three months. In between you practise in your everyday work, and in the next session we continue with what you ran into.

Always included: an introductory call, a programme that fits your team, materials for every participant and travel within Amsterdam.

Ask for a proposal

Call or email me for a no-obligation introductory call, or ask for a proposal on the website.

deingemaassen@gmail.com +31 6 53 88 78 09

Scan for the request form



About the trainer

I'm Inge Maassen. I've been training in Nonviolent Communication since 2018, including year courses with Yoram Mosenzon (Connecting2Life) in teaching NVC and in mediation. For years I assisted in his trainings.

I have led workshops at companies, institutions, universities and festivals, and taught at places such as the Amsterdam University of Applied Sciences and the University of Innsbruck.

Hogeschool van Amsterdam

universität innsbruck

What participants say

"Inge made the concepts and ideas of Nonviolent Communication clear and concrete. Each time, she applied them to situations the participants had recently experienced. It was a nice combination of concrete and tangible, with good conceptual explanation too."

Tijmen Tieleman
Introduction evening, Nonviolent Communication · Translated from Dutch

"Your guidance was incredibly valuable. You gave me the support to stay close to myself, which I find very hard, especially with my partner. I felt seen as I voiced my wish. I'm grateful for how you were able to hear it, and how we got clear on what my wish was."

Janneke
Translated from Dutch

How it goes

1
First talk
We talk about what is going on in your team and what you want from it.

2
Proposal
Then I send you a proposal with programme, dates and price.

3
Workshop
Little theory, a lot of practice with situations from your work.

4
Looking back
Afterwards we discuss what it brought and what the team still needs.

Frequently asked questions

What is Nonviolent Communication?
Nonviolent Communication (NVC) is a method developed by Marshall Rosenberg. You learn to distinguish what you observe, feel, need and want to ask for. That lets you be honest and stay in contact at the same time.

How large can the group be?
Up to 12 participants per trainer. For a larger group I teach together with a fellow trainer.

Where does the training take place?
At your location, or in a venue in Amsterdam. Travel within Amsterdam is included.

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