

Verbal Aikido®

From conflict to conversation

Verbal Aikido® is a powerful yet simple means to manage verbal attacks and rapidly de-escalate conflict.

Practitioners of all ages learn to:

- disarm verbal aggression and negativity
- manage emotional distance to preserve all involved
- recognize and create openings to be better understood
- rebalance exchanges and promote healthy relationships

Key benefits of facilitated training

- ◇ Assimilated as a martial art
- ◇ Focus on stability, empathy & harmony
- ◇ Interactive centering and listening activities
- ◇ Sparring based on real-life experiences
- ◇ Fun, safe and benevolent environment



Try an introductory workshop
From 3 to 12 participants
Starting at 710€ excl. VAT

Verbal Aikido® is a registered trademark in the fields of books, training and education



www.verbalaikido.org