

# 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
- manage emotional distance
- create openings to be understood
- promote healthy relationships

### **Key benefits of training**

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



Get started with a 2-hour introduction and demo, or train to develop your reflexes with a 2-day intensive certification course

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

[www.verbalaikido.org](http://www.verbalaikido.org)

