

# Foundations of NVC Mediation 3-Day Intensives:

*Developing Presence, Personal Growth, & NVC Skills  
Resolving Conflict with Nonviolent Communication*

with Ike Lasater and John Kinyon\*

**Jan 10 – 12, 2009, 10am - 5pm, BayNVC office, Oakland**

**March 7 - 9, 2009, 10am - 5pm, BayNVC office, Oakland**

Requested experience: *A Foundations of NVC class or equiv*

To register: [www.baynvc.org](http://www.baynvc.org), 510-433-0700

## **This NVC Mediation training supports people to:**

- ~ Mediate warring voices in your own head
- ~ Peacefully resolve conflicts *you* are having with others
- ~ Learn to be present with the intensity of conflict
- ~ Lend skills to support others in conflict – both informally and formally
- ~ Apply mediation skills to support groups in conflict
- ~ Offer conflict coaching to others to support their personal growth

## **In the role of mediator you will learn to:**

- ~ Develop presence and centeredness in the midst of conflict
- ~ Deepen your skills of empathic listening
- ~ Translate judgments into need language with greater ease and naturalness
- ~ Facilitate each party feeling heard and understood to their satisfaction
- ~ Develop skills to support clear, doable requests and collaborative resolutions

This 3-day training offers experiential learning and skill-building practice with the mediation model of NVC and its application to conflict in all types of situations -- from organizational and community to personal relationships, in four mediation contexts – internal, interpersonal, informal, and formal – as well as pre and post mediation. The class provides a format of improvised triad role-plays and group harvesting of the learning. In the role plays, you have a chance to be in the role of mediator, disputant and observer, and receive invaluable learning and feedback from the disputant and observer roles, as well as in-the-moment coaching. You can then move into the mediator's chair and put into practice what you've just learned.

Nonviolent Communication (NVC) connects us to a universal language of the heart -- a language of life. NVC develops presence, communication skills and consciousness for creating connection based in compassionate giving and receiving, even when people are making it hardest for us to do this. NVC was developed by Marshall Rosenberg, Ph.D. and is disseminated through the Center for Nonviolent Communication (CNVC) and it's over 230 trainers and thousands of others world-wide. For more info about NVC and John Kinyon see, [www.cnvc.org](http://www.cnvc.org), [www.nonviolentcommunication.com](http://www.nonviolentcommunication.com), and [www.johnkinyon.com](http://www.johnkinyon.com).