

# **Foundations of NVC Mediation Weekly Series': Develop Abilities for Presence and Effectively Navigating Internal and Interpersonal Conflict with the Skills of Nonviolent Communication**

Led by John Kinyon & Ike Lasater \*

Jan 16 – April 2, 2008, 12 weeks, Weds 3-6pm, BayNVC office, Oakland  
April 9 – June 11, 2008, 10 weeks, Weds 3-6pm, BayNVC office, Oakland  
Sept 3 – Oct 22, 2008, 8 weeks, Weds 3-6pm, BayNVC office, Oakland

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

*Register at the BayNVC office: 510-433-0700, [www.baynvc.org](http://www.baynvc.org)*

*Requested payment: \$750 for 12 week series, \$650 for 10 week series,  
\$500 for 8 week series*

- \* Develop presence and centeredness in the midst of conflict
- \* Deepen your skills of empathic listening and reflecting understanding
- \* Translate judgments into need language with greater ease and naturalness
- \* Facilitate each party feeling heard and understood to their satisfaction
- \* Develop your skills to support clear, doable requests based in interdependence and compassionate giving

The Nonviolent Communication (NVC) mediation process provides a simple, powerful method and set of skills for resolving conflict. NVC mediation shifts conditioned, habitual thinking and communication into a quality of presence, understanding, and connection that leads to mutually satisfying outcomes. This process generates a connection for creative thinking, new possibilities, and breakthrough solutions to emerge.

This class series is very experiential and practice-oriented in its learning. You will receive an introduction to the NVC mediation model, followed by ongoing demonstrations, improvised role-plays, and group harvestings of the learning and insights gained. In the role plays, you will have a chance to be both mediator and disputant. As an observer you will have the opportunity to move into the mediator's chair and put into practice what you've just learned, and then receive invaluable feedback from those in the disputant roles and from those observing. There is a back and forth flow between practice and feedback, and being in the whole group and in small groups. Ike and John actively coach, facilitate, and share their experience throughout. As the weeks progress, there tends to be a significant deepening in participants' NVC skill development and their experience of the power of the NVC process.

NVC and this mediation process have been developed over the past 40 years by Marshall Rosenberg, Ph.D., and are promoted by the Center for Nonviolent Communication and over 200 trainers and many others worldwide in over 65 countries. See [www.cnvc.org](http://www.cnvc.org).

Ike Lasater and John Kinyon

[www.wordsthatwork.us](http://www.wordsthatwork.us), [www.jbksolutions.com](http://www.jbksolutions.com)