

Nonviolent Communication (NVC): A Language of Life
Foundations & NVC Mediation Training
Developing Presence, Personal Growth, & NVC Skills
Resolving Conflict with Nonviolent Communication

With

John Kinyon

February 6- 7- 8, 2009

Briarpatch Co-Op 290 Sierra College Dr. Grass Valley, CA

NVC facilitates people expanding their capacities for creating:

- ~ Connection, compassion, honesty from the heart
- ~ Presence, peace, and well being
- ~ Working together creatively to solve problems
- ~ Power and effectiveness meeting needs for everyone
- ~ Reconciliation and healing

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

Friday's complimentary intro evening 7-9p gives an overview and demonstration of the NVC process.

Saturday's workshop 9a-3:30p focuses on practice with the four communication components of NVC in the areas of self-connection, empathic connection with others, and self-expression. This workshop is for both beginners with NVC (*Prerequisite of Intro Eve*) and those with more experience.

Sunday's workshop 9a-5p offers the mediation model of NVC and its application to conflict in all types of situations -- from business/organizational to personal relationships – and in four conflict contexts – internal, interpersonal, informal, and formal. The workshop is experiential and practice-oriented with 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. (*Prerequisite of Saturday's workshop, or equivalent*)

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, www.johnkinyon.com and www.nonviolentcommunication.com

Free Intro Friday evening

Saturday workshop -- \$150

Saturday and Sunday -- \$250

TO REGISTER: contact shoshi morginn shoshimorginn2005@yahoo.com 530 386 2415
Because we care about your inclusion, a sliding scale is available for those who need it.