

Friday Morning NVC Practice Group in San Francisco

Led by John Kinyon

Friday mornings, 9:45-11:45am, on Page St. near Laguna (next to SF Zen Center).

Requested experience: At least one NVC day-long workshop or class/series or equivalent and committed to regular attendance and integrating NVC into daily living.

Requested contribution: No money is owed to attend. \$50-20 per person per session is requested to support John's livelihood. Please give what you would enjoy.

This group is for people who have taken at least one NVC day-long workshop or class/series or equivalent, and who are interested in coming consistently to a practice group. It is also for people who have an interest in developing a daily practice of applying and integrating NVC into their lives and interactions with themselves and others.

The primary learning structure offered is working with "what is alive" in the moment, living and practicing the NVC process with each other. Within this, John offers two main practice modes: (1) self-empathy practice and (2) role play dialogues practicing self-empathy, empathic connection with others, and NVC honesty. Improvisation is used to bring alive and make real the communication situations, and people rotate in and out of the roles to maximize practice and learning. There is a back and forth flow between experiential practice and people sharing and giving feedback to each other. John actively coaches, facilitates, and shares his NVC experience throughout.

To inquire about joining the group contact:

John Kinyon: tel: 510.222.5574, email: johnkinyon@jbksolutions.com

Visit www.jbksolutions.com for more info on John and his training, coaching, mediation and facilitation with individuals, groups, and organizations.