

NVC Mastery Group: Practice with more experienced NVC practitioners

2nd & 4th Thursdays of the month, 7-9 pm in Berkeley

Led by John Kinyon

Requested experience: See first paragraph below.

Requested contribution: \$50-20 per session is requested (\$35 would be great!). Please give whatever amount you can afford and would enjoy giving. No money is owed to attend.

Location: North Berkeley, Stuart between Shattuck and Telegraph.

This group is for people who have had at least 6 months to a year of NVC practice, including workshops/classes and practice groups, and who are committed to coming consistently to the group. It is also for people who already have begun applying and integrating NVC into their daily lives and interactions with themselves and others.

John works with situations that people bring from their lives and also with interactions between group members. Sessions are very experiential and practice oriented. Didactic pieces are at times offered and then used to focus the work. Two main practice modes are used: (1) Self-empathy when our own actions are a stimulus of pain or celebration, and (2) Role plays using self-empathy, empathy, and honesty when others' actions are the stimulus of our feelings. Practice occurs in the whole group and also in small groups and dyads. Coaching, facilitation, and role play happen in a back and forth flow between experiential practice and people sharing and giving feedback to each other.

Interwoven throughout is the spiritual practice of presence and connecting with the aliveness in us and others, acting from "compassionate giving", and integrating spiritual principles. The four components of NVC are practiced as both language skills and as guides to support listening and speaking from presence.

To inquire about joining the group contact:

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Visit www.jbksolutions.com for more info on John's work with individuals, groups, and organizations.