



NVCN Hosts A Year Long Program

NVC Nashville is offering to our local community a year-long program. Four CNVC certified trainers will facilitate this amazing opportunity in four different weekends within the year beginning May 2013. Francois Beausoleil, Roxy Manning, Jeff Brown, and Dian Killian will each offer a weekend workshop.

A year-long program offers closeness in community while focusing together on the skills and consciousness of Nonviolent Communication. In between the weekend workshops, trainers will offer mentoring calls and community calls that support our learning. In addition, each month the group will meet for local learning and potluck dinners. An empathy buddy system will support our growth in community throughout the year. We invite you to build family this year within the NVCN community! All four retreats will be held in Nashville at the Green Hills Senior Health Center, located at 2100 Woodmont Blvd, 37215. Please see details for registration link and payment options below.

Payments made before May 8 receive a discounted payment.

The Dates:

- Retreat 1: May 17-19, 2013 (francois) **NVC under pressure**
- Retreat 2: August 2 to 4 (jeff) **NVC and Spiritual Development**
- Retreat 3: November 15 to 17 (dian) **NVC in Business and Professional Settings**
- Retreat 4: Feb 7 to 9th, 2014 (roxy) **NVC in families**

The Content:

- **Retreat 1**

NVC under pressure

It's usually much easier to live NVC when life is easy and flowing then when tension rises and stress increases. In this first week-end of the Year-long Program, **Building NVC Community**, we'll focus on:

- Creating the conditions for the community to get to know each other, connect and play
- Identifying the main areas/contexts when tension rises
- Receiving empathy for these stressful times
- Upgrading through practice the main NVC skills that we can use in these situations
- Offering specific strategies to put in place to diminish the pressure
- Reviewing and practicing the Basic NVC Skills such as
 - Verbal empathy
 - Self-empathy
 - Expression
 - Dissolving enemy images

- **Retreat 2**

NVC and Spiritual Development

Have you heard this? NVC is a spiritual modality disguised as a communication technique? The foundations of NVC have a lot to do with spirituality; Marshall said that about 30% of NVC was directly inspired by Buddhism. This retreat is designed to provide participants with:

- A clear understanding of the spiritual foundations of NVC
 - An in-depth exploration of these principles
 - The opportunity to engage and connect with the community in terms of the spirituality of NVC
 - Experiential learning about presence and ways to relate to others.
 - A clear map of how the spirituality of NVC can be integrated in their daily lives
- **Retreat 3**

NVC in Business and Professional Settings

It's not necessary or helpful to leave our NVC consciousness at the door when we arrive at work or at any professional settings. Although these contexts are certainly different, it's possible to stay aligned and connected to our NVC Values.

In this 3rd retreat participants will:

- Continue to deepen the connection in the Program community
 - Identify the main challenges in terms of living NVC at work
 - Learn how to approach the work environment as it relates to communication
 - Practice the main NVC skills than can be used in these settings
 - Have space to ask any question they might have
- **Retreat 4**

NVC in families

Marshall Rosenberg has been very clear on this: the hardest relationships are the one with the people closer to us. In this fourth retreat, you will:

- Grow the connection in the community
- Learn how to navigate the most common difficult family situations
 - Couples
 - Parents vs Kids
 - Parents vs their own parents or in-laws
- Learn how to put in place strategies and systems to make these relationships easier
- Have the opportunity to do healing work in relation to difficult situations in your families

The Cost:

\$1150.00 includes 4 weekend workshops with 4 certified trainers (weekend begins Friday 6:30 p.m.-9:00 p.m., Saturday 9:00 a.m.-5:00 p.m., Sunday 9:30 a.m.-2:00 p.m.), 12 community calls with a trainer, 4 mentoring calls per participant with a trainer, monthly potluck dinners and learning, and year long empathy buddies.

The fee may be paid all at once at the beginning of the program or in 4 monthly payments of your choice. We ask the total fee be paid by September 17 to support income, travel and expenses incurred by trainers and NVCN.

Click link below for registration and Payment options.

https://docs.google.com/forms/d/1k_iUPB6ldjDPp3NFXt86UEDX1J80fbUuabLtUHYDCF0/viewform