

Embodying NVC Consciousness

If you have learned NVC and want to live it more fully in your life . . .

Imagine spending 5 glorious days totally immersed in NVC in a beautiful serene location! Every day you and your mini-community of NVCers will learn, share and practice together under the guidance of two Certified NVC Trainers, applying new and enhanced NVC skills to every aspect of your life.

This moment-to-moment experience of 'embodying NVC' will show you how it is possible to live NVC on a daily basis. You will leave refreshed, reinvigorated and confident in your ability to use NVC in any situation.

Along with the ongoing support of this NVC community through mentoring, forums, webinars and more, the Embodying NVC Consciousness experience will be one you will never forget.



Shari



Linda

In 2004, Linda Rysenbry and Shari Elle were amongst the first Trainers in Australia to be certified by the Centre for Nonviolent Communication (CNVC). Since then, they have taught NVC to businesses, schools, charities, health professionals, and the general public as well as mediating conflicts between couples, community and business groups, parents and children. To find out more about the trainers, visit www.nvcaustralia.com.

Embodying NVC Consciousness is for you if you wish to:

- take a huge leap forward to integrating NVC consciousness in family, work and community relationships.
- bring NVC consciousness to the workplace, a position of leadership or as a health or business professional.
- share NVC as a trainer — uniquely designed to provide you with mentoring to begin training and the opportunity to deepen your NVC skills and presence.

Two 5-day Retreats

Living in a community focussed on mutuality, compassion and learning.

Personalised one-on-one Mentoring

18 x fortnightly mentoring sessions with a CNVC certified trainer including tailor-made, individual assignments and feedback.

Online Learning

3 x 1.5 hr Webinars / Teleclasses

Supportive Relationships

Weekly 1 hr phone sessions with a practice / empathy buddy for support.
Interactive online forum for sharing and support amongst participants and trainers.
Free Re-sits at NVC Foundation Trainings with the ENCT Trainers.



The Venue

Located within the extensive grounds of Canisius College on the leafy North Shore of Sydney, Peter Canisius House is 30 minutes from the CBD by public transport and 30 minutes by car from Sydney Airport. Steeped in history, the grand buildings are surrounded by beautiful gardens and reflective spaces..

**NEXT ENCT 5 DAY
RETREAT STARTS:**

23 FEB 2016

**Returning to Love:
Growing Intimacy
and
Connection**

**VISIT
embodyingnvc.com**

Find more
course dates

Hear what participants
have to say about
the program

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Download an Info Pack

REGISTER NOW!

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Three 5-day Retreats

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Embodying NVC Consciousness

The Training

Prerequisite to attend

Topics Covered

The 5 Day Retreats

Workbook & Materials

Accommodation & Meals

Investment

Certification

The Training

This program offers an experiential learning environment with extensive coaching and feedback in between the retreats. The program is designed for developing values, capabilities, and behaviours likely to support resourcefulness with others in the midst of conflict. You will be encouraged to explore your own learning 'edges' and to trust the process in the most difficult of situations with vulnerability, authenticity and empathy.

We believe that full participation in this training will create the deepest and most supportive environment to embody, understand and teach the consciousness of NVC. The regular self assessment and feedback process also contributes to this process.

Prerequisite to attend

ENCT attendance requires a 2 day Foundation Training with a Certified CNVC Trainer.

Information regarding upcoming NVC Trainings and current Practice Groups can be found at www.nvcaustralia.com under 'Learn NVC'.

Topics Covered

We envisage including additional topics, activities, and experiences based on the specific needs as they arise in the group and/ or specific individual requests. When needed, two sessions on different topics will be offered simultaneously.

We deeply value ongoing feedback both for mutual growth and co-creation.

JUNE 5 Day Retreat : *My Relationship with Myself: Building self-worth, self-care and self-love*

Connecting Spirit, Heart and Mind

- ☞ Embracing uncomfortable feelings like shame, guilt, anger, fear and sadness as friends and guides.
- ☞ Experiencing mutual respect and consideration for everyone's needs - as an alternative to thinking in terms of who is right/wrong, or good/bad.
- ☞ Pre-verbal NVC – Using the innate intelligence of our body to quickly and directly connect us to our needs.
- ☞ Moving from thinking of myself as controlled by outside forces to self empowerment. Using my values and aspirations to focus and direct my life
- ☞ Loving my needs. Knowing my need is a gift, both for others and myself.
- ☞ Identifying and exploring my growth edge (e.g. “My needs don't matter - other's needs are more important than mine”)
- ☞ Accepting that the needs of others are as precious to them as mine are to me. Exploring effective strategies to help me empathise with others and myself in times of stress.
- ☞ Becoming conscious of the thoughts and triggers that stimulate attack, or withdrawal and separation.
- ☞ Discovering and utilising the transformative sacred space between stimulus and reaction.
- ☞ Using forgiveness and gratitude to heal both my past and present relationships.
- ☞ Finding clarity, understanding and freedom through deep empathy.
- ☞ Listening to my inner child with empathy. Increasing connection with myself.

OCTOBER 5 Day Retreat : *Contributing in the World: My Relationship to Life (includes Strategies for Creating a Business sharing NVC)*

NVC in your Workplace and Profession

- ☞ Utilising personal choice, power and contribution effectively.
- ☞ Balancing professionalism and authenticity. Practising honesty that creates connection, even when it's uncomfortable to do so.
- ☞ Identifying and overcoming challenges in distributing personal time and energy.
- ☞ Contributing wholeheartedly with professional clarity, centeredness and autonomy, free from beliefs and expectations of those around us.
- ☞ Connecting to your power to make a heartfelt contribution in the world.
- ☞ Creating consciousness, understanding and collaboration in relationships with clients, work colleagues, neighbours, businesses/ service providers and other parts of your community. How to create this.

- ☞ Creating power-with relationships within power-under/over structures that use demands and hierarchy. Moving from domination to cooperative system thinking.
- ☞ Being productive and effective in meetings. Making powerful requests and cutting through to what is important.
- ☞ Making agreements and decisions based on willingness and values.

Strategies for Creating a Business sharing NVC

- ☞ How to design an NVC training to meet the needs of your participants. Defining the essentials. Choosing a style. Ending on time.
- ☞ Practise facilitating real-time with 'difficult' participants role-played by members of the audience. Deepen your understanding of choices and focus as an NVC Trainer at the front of the room.
- ☞ Learn about the various pathways and elements you can bring together to create your NVC business - there is more than training.
- ☞ Discover how others have built successful businesses sharing NVC.
- ☞ Learn to manage and value your time, energy and inner resources in the business of sharing NVC.

FEBRUARY 5 day Retreat : *Returning to Love: Growing Intimacy and Connection*

- ☞ Exploring intimacy, what it is, why it matters and how to grow it with others.
- ☞ Creating deep bonds through sharing feelings and needs safely.
- ☞ Exploring the attractive power of vulnerability.
- ☞ Understanding dependence, independence and interdependence — embracing and growing your capacity for interdependence.
- ☞ Patterns and parents, roles and expectations — stepping off the treadmill and seeing with new eyes.
- ☞ Recognising and addressing fears of abandonment, rejection and overwhelm
- ☞ Being me - loving you. Being truly authentic and taking responsibility, for myself with self-understanding and empathy.
- ☞ Creating relationships pro-actively instead of through reacting to the words or actions of others.
- ☞ Discovering how differences can open up authentic, loving and respectful connection.
- ☞ Being with intense emotions - yours and others - including anger, shame, guilt.
- ☞ Using anger to stimulate a positive choice of behaviour.
- ☞ Training and practice in responding consciously in the moment between receiving anger and reacting.
- ☞ There may also be opportunities to cover areas of specific interest that have not yet been raised in the program.

Investment (Training only):

Embodying NVC Consciousness Training (full program)	\$ 5150
includes 18 x 40min one-on-one mentoring sessions, 3 x 1.5hr teleclasses, weekly 1hr empathy buddy phone sessions interactive online forum workbook, handouts and NVC Foundation Training Manual, Student Workbook and support pdf's to deliver your own NVC training Unlimited Free Re-sits at NVC Foundation Trainings with the ENCT trainers	Earlybird \$4950
Attend any single 5-day Retreat:	\$1645
does not include 18 x 40min one-on-one mentoring sessions, 3 x 1.5hr teleclasses, weekly 1hr empathy buddy phone sessions, NVCFT Manual, Student Workbook & pdf's 1 x Free Re-sit at NVC Foundation Training with an ENCT trainer	Earlybird \$1495

Payment options available where financial difficulties would prevent attendance.

Full Program Upgrade: If you Register for a Single Retreat and by the end of it decide to enter the full Embodying NVC Consciousness program, you can pay an additional \$3900 and receive: the other two retreats, 18 x 40min mentoring sessions with a certified trainer, 3 x 1.5 hour teleclasses, weekly 1 hour empathy buddy sessions, interactive online forum, ENCT student workbook and NVC FT training manual.

Policies

To reserve your place, a deposit of \$485 or payment in full must be made. You will be enrolled and receive course details only when full payment is received. Registrations close 3 days prior to start of training.

Earlybird payments must be received in full by 6 weeks prior to program commencement. Non Earlybird payments must be received in full by one week (7 days) prior to program commencement.

Full Program Upgrade option must be paid within 14 days of the Single Retreat ending, and before Coaching begins.

Program of 3 Retreats must be completed within 2 years of first Retreat attended.

A full refund is available within 7 days of registration confirmation. After this period, refunds will only be given on compassionate grounds. Please apply inwriting for this to be considered.

Participation is not transferrable.

You are encouraged to attend the 8 month programme's 3 retreats consecutively to obtain the fullest benefit from the programme. We anticipate that this is what you will do. As we need to reserve your place at the venue, if you do not intend attending a retreat, please advise our administrator in writing at embodyingnvc@gmail.com at least 6 weeks prior to the retreat.

If you elect to reschedule your attendance within 2 weeks of a retreat there may be alate notice fee incurred from the venue. If so, this amount will be passed on to you.

Prices subject to change. We reserve the right to change or substitute alternative trainers to deliver the program.

Accommodation and Meals

Group continuity and connection are important to us and a vital part of the program. Our retreats are designed as residential retreats, and we ask that you stay at the retreat venue. If you feel being residential for the retreat would preclude you from attending, please contact us to discuss possible options.

Accommodation at Peter Canisius House is onsite in double or single/shared rooms, with a shared bathroom a couple of doors away at the most. Bedrooms are clean and comfortable and contain a sink with hot and cold water. All meals are included in the cost, which is Invoiced along with the program fee.

To find out more about accommodation and meals, please visit www.embodyingnvc.com or phone Merran (Administrator) on 0409 579 671.

Workbook, handouts and materials

Each participant will receive a workbook, handouts and materials for your learning.

We include:

- ☞ Key assumptions and intentions of NVC — our own understanding of the spiritual and practical foundations of NVC.
- ☞ Writings and articles on various topics such as empathy and mediation.

Certification

This training is designed to support the participant through the certification process however the completion of this training does not qualify you for CNVC certification.

This program provides 17 days of training that contributes toward the minimum 30 days required for certification assessment. Many of the activities within the program directly support preparation for certification. A certificate is provided upon completion

Certification is commonly a 2 - 4 year process. The time and process being unique for each person. However, it is envisioned that the support, teaching, feedback, self assessments, integration work, and shared intention of this group will significantly accelerate both the embodying of this work and the ability to teach it.