

**Nonviolent Communication deepening program
three 4-day Trainings of experiential NVC**

Living empathic intelligence

**with Marianne Göthlin and Jorge Rubio-Vollert
Dates 17-20 May, 9-12 August, 11-14 October 2012
in Stockholm**

This program is an opportunity for deepening NVC experience for those who have participated in at least 16 days of training. Maybe you have been part in a one-year program and would like more NVC training in an ongoing group, or perhaps you have practiced for some time and would like to develop a natural and fluent self-expression and find your own NVC language.

In this program we will focus on practice - you will see how moment-to-moment attentiveness can shift interactions from antagonism and analysis to wide connection.

We will practice honesty, empathic listening and self-empathy which allow us to access our own resources of compassion, curiosity and resilience. Our "Living Empathic Intelligence" will then guide us to the good will that comes when everybody senses that their needs matter.

We are pleased to offer this program in a setting which supports practicing NVC in an informal and beautiful environment. The training will take place in Ekerö, one of the islands near Stockholm. Public transportation is available. We are hoping for an international group and are open to participants taking part in two of the three gatherings.

We, Marianne and Jorge, are pleased to find an opportunity to work together again after years of working on different continents. We have developed a similar understanding of NVC from our lived experience and many days of trainings with different groups. We look forward to sharing what we have found so far with you!



We will weave the training with over-view topics such as:

- practicing to engage with all of your reactions as expressions of life
- finding the words that express your living experience of the moment
- learning from moments when things are not going your way
- engaging with enemy images and anger
- cultivating the focus on present needs in turbulent moments
- expressing celebration and gratitude
- developing your "felt sense" of when life calls inwardly and when it calls outwardly
- understanding how niceness creates false empathic hearing moments

The aim is to create a living, empathic environment by paying attention to skillful self-connection, authentic expression and deep, mutual listening. These three qualities are accomplished through focusing on our moment to moment *Vivencia*. A *Vivencia* is a person's unique lived experience of the present moment, which in NVC terms refers to present feelings and needs.

What participants say:

"Opening up to Jorge's gifts was a transformative experience for me for which I am deeply grateful. It was like being invited, with both gentleness and passion, into a place of fearless selfconnection, a place where I was able to experience not only the parts of myself that bask in sunshine, but also the parts of myself that dwell in muted darkness. Using Jorge's process to descend, with care, into the underwater caves where I like to hide my despair, grief, rage, and hopelessness, I emerged on the other side with a capacity for joy and aliveness that was simply not accessible to me before. Three weeks later, I feel as though my time with him was only the beginning of a journey of discovery, a deep sea diving expedition which continues to reap new insights and new ways of being alive every day."

Elaine Shpungin, Ph.D. Director,
University of Illinois Psychological Services Center Champaign-Urbana, Illinois, U.S.

"I was really inspired to see Jorge teach because I could see how he has integrated the learnings he got from Marshall. I think it takes a lot of courage and skill to really stay present to one's life in the moment. Jorge, through his work of Vivencia has demonstrated how NVC could be lived moment to moment without it being a "technique" to be applied to, but as a tool to stay passionate and true to our values while taking full responsibility of our life."

Ken Anno, NVC practitioner, Tokyo, Japan

"I was excited and relieved to learn about Jorge's definition of Vivencia as "one's unique experience of the present moment". This gave me a deeper understanding of what is going on for someone when I am stuck in my own story or experience and having trouble relating to someone or feeling pain about my interpretation of their motivation. Knowing that others are acting based on their unique vivencia can support ease and peace of mind. I judge and interpret Jorge as brilliant, frustrating and so charismatic I can't help but love him even while he's driving me crazy".

Kangs NVC practitioner/mental health counselor Oakland, California

"Marianne was the first person to ever really listen to me. That experience was life changing for me. It helped me to better understand the NVC approach to the art of being present and how to listen. It has been immensely valuable to me in all my relations and in my own personal development. Mariannes way of teaching NVC inspires me to continue learning NVC and feeling safe and supported on a road that sometimes feels very challenging and scary." Jonas Olson

"Marianne is for me the embodiment of empathy. She taught me over the years - in depth - self-empathy, by just being her, by sharing her own process and by giving me empathy during my journey. I enjoy her warmth, humor and wisdom and feel enormous grateful for having had this guidance in my life."

Nicole van Ladesteijn

My insights from Marianne's trainings are the concepts of (1) stop and listen, (2) curiosity and (3) not knowing. This helps me to avoid creating all kinds of theories of the situation. And to connect with others not just as a trick but by really being involved and with curiosity.

Joris Rademakers

"Marianne gives everybody space and respect to journey at their pace, never forcing anything."

Hannie Armstrong

Over the three training sessions we will use the experience of *Vivencia* in a progression.

The first training will focus on self-empathic listening which is about learning how to be a storm rider of your own *Vivencias*. Special attention will be given to our cultural socialisation which can lead us to negate, override or alter our reactions to fit in with society's norms.

In **the second training** we will continue with identifying and fully engaging with our own *Vivencia* and also learning to detect when we have sufficient empathic oxygen to connect with another person's *Vivencia*. We will fine tune empathic listening skills with regard to the intent - the need you are trying to meet in the act of empathic listening. If you try to help or advise people you are not doing

empathic listening as we understand it. Empathic listening has nothing to do with helping; it is simply a presence of wonder and curiosity about a momentary emerging *Vivencia*.

In **the third training** we will immerse ourselves into a living exploration of the many ways we dramatize conflict, turning it into an unwelcome event. We will instead learn to experience conflict as a valuable guide towards connection. We will accomplish this by slowing down, and fully integrating the three stages - identifying your own *Vivencia*, expressing it authentically in as few words as possible, and receiving other people's *Vivencias*, particularly when it comes encrypted in judgment, blame or accusation.

To support continuous learning there will be practice and empathic support diads and practice materials available.

You are welcome to join!

Time: Each 4-day training starts at 10:00am on Thursday and ends at 16:00pm on Sunday

Thursday 10- 18, Friday 9 – 17, Saturday 9 – 17, Sunday 9 – 16

International participants are advised to arrive in Stockholm by Wednesday evening since the venue is located approx. 1 hour travel from the center of Stockholm.

Evening activities will be organized according to preferences of each group.

Price: Prices are given in Swedish Crowns (SEK) and the exchange rate on December 2011 for one EURO is 9 SEK. Early bird fee, registration before March 1st, for the whole program SEK 18.000:- (including 25% VAT). Regular fee SEK 19.500:- (including 25% VAT).

To complete the program we require participation in at least two of the 4-day trainings. The fee for two of the trainings will be SEK 15.000:- (including 25% VAT).

Meals: The fee includes coffee, tea, fruits and snacks only. Lunch will be offered at the venue at basic cost of preparation or at a restaurant nearby. Dinners will be arranged on request.

Venue: The venue is a private house located in a beautiful natural environment. Address to the venue is Utsiktsvägen 9, Ekerö. The training is nonresidential but there are some rooms available for overnight stay at the venue (at a cost of SEK 150 per night). There is also a possibility to stay at a nice hostel in Stockholm. Public transportation to the venue will take about 45 minutes. In other trainings in Stockholm, Swedish participants have hosted out-of-town participants. If you are interested in such arrangement let us know and we will help coordinate.

Register: by email to Marianne Göthlin marianne@cncv.se.

Marianne Göthlin has since 1990 worked in education using Nonviolent Communication to foster compassionate relations in learning environments. Marianne is appreciated for embodying the subtle power of empathic presence where there is a space for everyone to be. www.skolande.se

Jorge Rubio-Vollert has 14 years of experience as an NVC trainer in Latin America, the United States, Japan and many countries in Europe. His authenticity and deep empathic presence have been experienced by participants as deeply inspiring. www.vivenciawork.com



Viewing the venue area



Terrace at venue