



NVC MEDIATION

5-Day Residential Retreat & 1 Year Immersion Training Program with Ike Lasater & John Kinyon

1 year Immersion Program
September 2011 –
September 2012

3 x 5 day retreats
6-11 October, 2011
March, 2012*
September, 2012*

in Otford (near Sydney) (day 1
starts 6pm, final day ends noon)

The second and third retreats
will only be for those enrolled in
the one year program.

*"My integration of NVC
consciousness took a quantum
leap after doing the NVC
mediation training"*
Jocelyn Kennedy
New Zealand NVC trainer and
mediator.

*I feel so enlivened by all that I
have learned about NVC & NVC
Mediation. I particularly
appreciated the structured
learning process and multiple
opportunities to practice so that I
built up my confidence and skills
without stress or overwhelm. I
can see so many uses for NVC
Mediation in my life, personally
and professionally and conflict
no longer seems like a negative
experience to be avoided, but
rather an opportunity for
connection and cooperation."*
Participant, NVC mediation
training Otford, 2009

*Exact dates to be confirmed end March
2011.

Do you want to learn how to:

- ~ Facilitate people in conflict to hear each other and be connected to their shared humanity?
- ~ Empathically connect to others' experience in challenging conflict situations?
- ~ Translate judgments into need language with greater ease and naturalness?
- ~ Return to presence and connection in the midst of the intensity of conflict?
- ~ Make and support clear requests and collaborative solutions?

Would you like to develop your abilities in various conflict contexts?

- ~ Effectively mediate as a "third side" professionally or in your work?
- ~ Lend your skills informally to support people in conflict?
- ~ Peacefully resolve conflicts *you* are having with others?
- ~ Transform warring voices in your own head?
- ~ Apply mediation skills to conflict coaching and groups?

About the program

Central to our program is the conviction that increasing your capacity to be with conflict and intervene effectively involves *learnable skills*; and that when applied holistically a person can remain connected to their own needs and productively assist in the resolution of conflict both internally and externally, formally or informally. Also central to the program is that we (Ike and John) use the NVC mediation skills to facilitate group decision making and learning in a way that creates safety, connection and enjoyment of the learning process. Our goal by the end of the 12 month program is that you will experience confidence and effectiveness with these skills in all aspects of conflict and in all aspects of your life.



Ike Lasater and John Kinyon with Sigal Shoham at a recent 5 day training in Sydney Australia.

Based in the mediation process developed by NVC founder Marshall Rosenberg, the training offers:

- a clear model of mediation
- explanation and practice of nine core mediator skills
- a process of preparing for and debriefing a mediation
- application of the mediation model in four contexts (internal conflict, conflict between ourselves and another, conflict where we intervene informally and conflict where we are formally asked to mediate)
- application of the model to conflict coaching and groups



NZ participants practising the 'three chair model'

The 1 year Immersion program includes

- three 5-day intensive residential retreats over a 12 month period
- monthly joint teleconference sessions over a 12 month period to support extension and integration of the training into life goals and personal action plan
- weekly telephone dyad and triad practice with fellow participants
- individual self-connection and skill-building practices
- support from assistant trainers during and in-between retreats
- guest presenters on monthly conference calls

Cost

For **each** retreat, there are **two** parts to the overall price.

Part 1: Retreat costs (per retreat - covers food, accommodation, basic admin)

Accommodation type	Earlybird	After 1 May 2011
Ensuite*	\$865	\$985
Twin room/shared bathroom/linen supplied*	\$700	\$820
Share room/ shared bathroom/own linen	\$650	\$770
Camping	\$410	\$530

Part 2: Tuition (per retreat)

Individual paying	requested contribution between \$1000-1600
Organisation paying	\$1600

Venue: see <http://govindavalley.com.au/index.html>

Registration details:

Please contact Kate Raffin

02 9557 7986 / kate@kateraffin.com

For more information about the year long program please email Ike Lasater - ikeLasater@wordsthatwork.us

Prior experience required:

- Minimum: read the first 8 chapters of *Nonviolent Communication: A Language of Life* by Marshall Rosenberg
- Preferred: having attended a foundations of NVC class/workshop (see www.nvcaustralia.com) OR being a practicing mediator or equivalent
- Questions? Contact Kate Raffin (see above).

*Limited availability – please book early to avoid disappointment



About John and Ike

John's background is in psychology, psychotherapy and research and Ike's is as a trial lawyer for 20 years. Ike and John have both been training with NVC for over 10 years and have been developing their mediation approach for the past 8 years. Their collaboration began with a journey together to the Pakistan-Afghanistan border to work with Afghan tribal elders in early 2002, shortly after the bombings following 9/11. In their training room there were at least eight languages being used with layers of cobbled-together, ad hoc translation. When a real dispute came alive, they saw firsthand that connection to universal human needs and the NVC mediation approach worked. Their mediation training now includes telecourses, workshops, residential retreats and year-long training programs in the U.S. and a growing number of countries around the world including Sweden, Holland, Poland, Hungary, New Zealand and Australia.

Visit their websites:

www.johnkinyon.com

www.wordsthatwork.us

www.nvcmediation.com

"Since the workshop I have gone on to do several successful mediations with clients in my private practice as well as friends and family. If only I would have learned these skills 15 years ago! John & Ike's mastery of the material, depth of experience and integrity in living the process are exceptional. I highly recommend this training!" – Participant, US training