



NVC MEDIATION

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

5-Day Retreat

March 2 -7, 2010

First retreat open to those who wish to sign up for one retreat only and may or may not choose to continue on for the 1 year immersion program. The second and third retreats will only be for those enrolled in the one year program.

1 year Immersion Program

March 2010 – March 2011

Retreats

March 2 – 7, 2010

Sept 1- 6, 2010

March 3 – 8, 2011

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

“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

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 the 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 next steps in 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

There are two parts to the overall price, per retreat.

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

Accommodation type	Earlybird	After 25 Jan 2010
Ensuite*	\$1050	\$1170
Share room/ shared bathroom	\$900	\$1020
Camping	\$680	\$800

*Limited availability – please book early to avoid disappointment

Part 2: Tuition (per retreat)

Individual paying	requested contribution between \$600-1200
Organisation paying	\$1200

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).



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

"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