



Flow with Everyday Conflicts Using the Skills from NVC Mediation

1 or 2 Days with Ike Lasater

10 & 11 Sept 2010 Adelaide 9.30am – 5pm



A unique experiential learning opportunity with Ike Lasater (USA, Poland) supported by three experienced local coaches.

We all have conflicts within ourselves and with others, little and not so little. NVC Mediation provides step-by-step approaches to taking care of yourself before, during and after a conflict. Learn how to use the skills developed in the formal mediation context to transform everyday conflict into opportunities for deeper understanding and connection. NVC Mediation is based on Nonviolent Communication, a communication model developed by Marshall Rosenberg, Ph.D.



Day 1: Understanding and experiencing the contribution of NVC Mediation skills when applied to our everyday conflicts.

Day 2: Extending our understanding and application of NVC Mediation skills.

This workshop is relevant for anyone who works as a mediator, manager, trainer, educator, facilitator, business coach or counsellor. Also relevant for anyone who wants to find new and effective ways to peacefully resolve conflicts between others; between you and another; and to transform warring voices in your own head.

No prior experience of NVC or mediation required.

About Ike

Ike is a co-developer of a series of year long immersion NVC Mediation training programs. For 35 years Ike Lasater was based in San Francisco, he now lives in Poland and facilitates the resolution of conflicts, coaches people in conflict, and regularly teaches these skills in Europe, Australia and the U.S.

Ike practiced trial law in San Francisco for 20 years and co-founded Banchemo & Lasater, a 20-person law firm specializing in complex, multiparty commercial and environmental cases. He served for a number of years on the mediation panel for the United States District Court for the Northern District of California.

He has served on the board of directors for a number of organizations including: the Center for Nonviolent Communication, the Association for Dispute Resolution of Northern California, and the Lawyers' Club of San Francisco. He also co-founded The Yoga Journal magazine. He has three adult children and is eagerly anticipating the impending arrival of a grandchild.

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

Venue: Law Society of South Australia, Professional Development Centre, Level 2, 132 Franklin Street, Adelaide

Cost: Day 1: Early bird \$350 if paid by 20 August; \$420 afterwards) Day 1 & 2: Earlybird \$550 (if paid by 20 August; \$680 afterwards)

Special offer: Two or more persons from the same organisation - bring a third person for free. For cancellations up to two weeks in advance of the course we will refund your registration fee (minus a 10% administration fee). Transfer to another person is possible.
Limited scholarship assistance is available.

REGISTRATION

For more information or to register contact Kate Raffin

Mob: 0488 550 979 kate@kateraffin.com

Fax: 02 9519 7087

Email: kate@kateraffin.com

Please fill in and fax, or scan and email the registration details below

I/We plan to attend Day 1 only

Day 1 & 2

Name(s):.....

Position(s)/Roles:

Organisation:

Mobile:

Phone: Fax:

Email:.....

Address:

Post Code:

Payment Amount: \$..... Cheque (make payable to Kate Raffin)

Bank Transfer MasterCard Visa

Card Number:

Expiry Date:/.....

Name on Card:.....

Signature:

Bank Details: K Raffin ANZ BSB 012 330 Account No 5504 281921. Please put your name in the subject box and notify us when you make the transfer.

For more information about NVC and NVC Mediation:

Centre for Nonviolent Communication: www.cnvc.org

NVCAustralia.com: www.nvcaustralia.com

NVC Mediation website: www.nvcmediation.com

Ike Lasater's website: www.wordsthatwork.us