

# 2010 / 2011 NVC EURO LIFE Learning and Integration Full Embodiment

## Program Information

The NVC EURO LIFE program is intended for people who have intermediate/advanced skills in NVC. Participants are expected to already have the ability to apply the basic skills of expressing honestly, self-empathy and empathizing with others.

Application to the program is required. Applications will be reviewed to ascertain prior training and experience. The review process may include a brief phone interview with Robert Gonzales to more deeply assess skill levels. The group will be limited to 24 people with the intention to ensure a quality of learning that typically happens in smaller groups. There is also the intention to have a balanced and consistent level of skills among the participants to enhance the potential for peer learning and growth. Also, given that this will be the first time that the program is being offered in Europe, a priority will be given to selecting participants from as many different European countries as possible. And, a priority will be given to selecting participants who are already teaching or offering NVC to others in some form.

In applying to the NVC Euro LIFE Program, participants are asked to agree to be at each of the retreats for the **ENTIRE** time. A very high value is placed on the unity of the group and the cohesion of the work from the start to the finish of the time that is agreed to spend together. The request is that participants be willing to plan their travels in such a way that they will be able to be present for the ENTIRE time of each retreat, starting with 6:30 pm dinner on the first day and ending at 1 pm on the last day. If this is not something you are willing to agree to, then we would like to know that in advance.

There are no scholarships or tuition cost reductions available for this program at this time. It is necessary that each person in the program have the resources to pay the total costs of their participation in the program, including transportation, for the entire two years of the program. Once accepted into the program, should you choose to drop out, you will have taken a place that someone else could have filled, and you would be reducing the income that was anticipated and budgeted in order to make the program viable. It is requested that you carefully consider the financial and time commitment that this program entails before applying.

**This is a two-year program, 2010 and 2011. The program will be in English only.**

### **YEAR ONE - 2010**

1. There will be two, six and one-half day retreats held at Lebensgarten Community, Steyerberg, Germany ([www.lebensgarten.de](http://www.lebensgarten.de))

The dates for the 2010 retreats are: **May 1 – 8, 2010** and **September 4 – 11, 2010**.

2. There will be two, 2 hour tele-classes that Robert will facilitate between the two retreats.

3. There will be two, one hour individual phone sessions with Robert and each participant.

4. The program will also include small group phone meetings (practice groups, empathy sessions, etc.) with participants-only (Robert will not participate in these). These groups will be organized at the first retreat and can vary in commitment from once a week to once a month, depending on each participant's schedule and needs. The request is that each participant be willing to commit to this part of the program as much as possible, as Robert highly values the community building and learning that he has seen happen through these sessions.

5. The cost of the program per year is:

**Tuition:** \$2,115 US

**Administrative Fee:** 208 € ( 104 € per retreat )

#### **Housing and Meals:**

Single room: 735 € ( 367,50 € per retreat )

Double room: 637 € ( 318,50 € per retreat )

Dormitory/Tent: 497 € ( 248,50 € per retreat )

The tuition cost is to be paid in US dollars directly to the Prescott Center for Nonviolent Communication through international money order or bank transfer.

The administrative fee and all housing and meal costs are to be paid in Euros to the Lebensgarten Community at each retreat.

Participants may incur an additional charge for the teleclasses depending on your individual long distance service provider and the coverage plan you have.

Once you've been accepted into the program, a \$500 US, non-refundable deposit will be requested. There are options for paying the remaining tuition costs. The first preference for payment is that the total amount for one year of program be paid before the program begins each year. The second preference is that one half of the total be paid at the beginning and one half at the mid-way point in the program each of the two years.

The administrative fee and the housing and meals costs are to be paid at the time of check-in and registration, the first day of each retreat.

All inquires and completed application forms are to be sent via email to both the European Coordinator, Nadine Helm at [nadine@av-ev.de](mailto:nadine@av-ev.de) AND to the US Coordinator, Phyllis Brzozowska at [phyllis@prescottnvc.org](mailto:phyllis@prescottnvc.org)

## **YEAR TWO – 2011**

1. There will be two, six and one-half day retreats at Lebensgarten, Germany.

The dates for the 2011 retreats will be **April 30 – May 7, 2011** and **September 3 – 10, 2011**.

2. There will be two, 2 hour teleclasses that Robert will facilitate between the two retreats.

3. There will be two, one hour individual phone sessions with Robert between the two retreats.

4. Small group phone meetings (practice groups, empathy sessions, etc.) will continue.

5. The cost of the tuition for the program and the payment requests will remain the same as in 2010. There may be a slight adjustment in the housing and meals cost, and the administration fee should those costs vary between the time of acceptance into the program and 2011.

## **Timeline for Application Process**

February 15, 2009	Call for Applications Emailed
March 1 – September 1, 2009	Applications Accepted
September 1, 2009	Final Deadline for Applications to be received
September 1 – October 31, 2009	Application Review and Optional Interviews
By November 1, 2009	Applicant Notification

## **Request for Tuition Payment Timeline Year One**

December 1, 2009	Deposit of \$500 due to hold space in the program
April 1, 2010	Full, or first ½ payment due for those making 2 payments
August 1, 2010	Second ½ payment due for those making 2 payments

## **Year Two**

March 1, 2011

Full, or first  $\frac{1}{2}$  payment due for those making 2 payments

August 1, 2011

Second  $\frac{1}{2}$  payment due for those making 2 payments

# NVC Learning & Integration Full Embodiment (LIFE)

## Curriculum Overview

Building and developing a strong and clear foundation is a basis for applying the NVC process in our lives. Without this inner foundation, it is easier to practice NVC as a mechanical or rote process, or to get stuck in jackal reactivity without the living quality of needs. The major aspect to developing a foundational consciousness is the ability to transform our life-alienating thinking and reactivity to the life serving, authenticity of “giraffe” consciousness.

The primary focus of this program will be to develop awareness of the consciousness of “the living energy of needs” or “the beauty of needs.” I have found this aspect to be the core of living and integrating NVC into life. The deepening work that we will focus on is to establish a clear pathway to first, identifying, then experiencing and cultivating this consciousness. I am interested in supporting an embodied spirituality and a way to engage in a living practice in our everyday, moment-to-moment living. We will apply processes/tools that serve this integration and development.

This work is comprised of three dimensions:

*Inner Dimensions of this work:*

1. Cultivating and Dwelling in the Beauty of Needs
  - Meditations, walking meditations and work in pairs and small groups.
2. Compassionately Embracing to Healing and Transformation
  - Transforming the Pain of Unmet Needs to the Beauty of Needs
  - Transforming Core Jackal Beliefs
  - The Illusion of Conflicting Needs or Choosing and Staying in Life-serving Consciousness

*Relationship (outer) dimension of this work:*

3. Living our Being in Relationship
  - Mutuality and Dialogue from the Beauty of Needs
  - Empathy practice from the Beauty of Needs

The LIFE program will also include other processes that are not necessarily “NVC” processes on the surface. They will serve the development of a more present, authentic consciousness and are very consistent with NVC. These processes are related to the notion of authentic self and essential nature.

I have found that in order to fully integrate and live NVC, it requires a moment-to-moment, embodied awareness practice. I regard this as a spiritual practice in the midst of everyday life. It includes mindfulness practice and inner transformational practices that, in a broad sense, can be described as movement from our primary center of gravity and identification from life-alienating consciousness to authentic, life-serving consciousness.

The intention of this program is to follow a developmental sequence in both the retreats and in the telephone sessions. The sequence is from inner development to application in relationship.

The first retreat will focus primarily on the inner work (including empathy and dialogue practice near the end) and the second retreat will focus on living NVC in relationship and in community.

An important feature of the LIFE program is community. I have found that sharing the vision and intention with a dedicated group of people deepens and accelerates the process of integration. Past LIFE groups have shared experiences of deep trust, openness and connection rarely experienced with other groups. The shared group intention seems to activate deeper potentials in participants and contribute to an intimacy and connection that I have found truly moving and inspiring.

-Robert Gonzales