



Year NVC Skills & Community Experience Ireland 2019

Knowing, Living and Connecting through NVC

Theme: Living from the Fresh Edge



4 extended weekends through 2019 convenient cheap flights from most UK cities to Shannon, Eire - 1 hour from venue in beautiful County Galway.



This course is based on the skills of Nonviolent Communication (NVC), as pioneered by Marshall Rosenberg.

There are four modules held between February and September 2019, each one a residential event held at **An Tionol Cottage** - Creative & compassionate learning and living Centre near Gort in county Galway.

The twelve days of the training count towards CNVC certification. All modules are led by Sinhaketu with Marta Fabregat as host.

What is Nonviolent Communication (NVC)?

NVC was developed on the premise of a simple and powerful question: why do some people continue to act compassionately, even when deeply challenged? NVC, with an extensive international reputation is used in the areas of mediation, parenting, education, conflict resolution, psychotherapy, and social change to name but a few.

Who will benefit?

Open to people of all levels of NVC skill and experience, from beginners to teachers.

What's on offer?

This is a real opportunity for personal and community transformation, getting to the roots of change and learning how to hold issues with compassionate means through deep listening and sharing in a wonderful community setting with real support.

- Come home to yourself with real inner healing
- Communication skills to improve or transform relationships at home and work.
- Learn to use NVC so you can help and support others.
- Enjoy community and making new friends whilst offering and gaining support & learning
- Experience and create a vision of kind of world you want to live in.

The course will offer a **certificate of attendance** and is valid as a contribution towards your cnvc certification process if this is your intention

Module One: Knowing NVC

Thurs 14 – Sun 17 February 2019

- ✓ Vision, Feelings and Needs
- ✓ NVC Spirituality and Compassionate Connection
- ✓ Grounded and Embodied NVC
- ✓ Community as matrix for wellbeing
- ✓ Elements of the NVC Dance Floor

Module Two: Living NVC

Thurs 4 – Sun 7 April 2019

- ✓ Intention and NVC consciousness
- ✓ Self-empathy and Companionship
- ✓ Community as support and growth
- ✓ Focusing within and empathic listening skills
- ✓ Grounded Aware Presence as the core paradigm

Module Three: Connection for Healing and Conflict

Thurs 27 to Sun 30 June 2019

- ✓ Deepening practice using aspects of the 13 step dance floor
- ✓ Healing through Presence
- ✓ Expressing and receiving dance
- ✓ Deepening community experience

Module Four: Only Connect and NVC

Thurs 19 – Sun 22 September 2019

- ✓ Looking outwards NVC in the world
- ✓ 13 step dance floor: integration and wholeness
- ✓ Community support beyond the group
- ✓ Compassionate Connecting the inner and outer flow

Unique Attributes of Course: The location is supportive of wellbeing based in beautiful natural settings with organic home cooked foods, and a wonderfully warm community feel and connection.

The facilitation is conducted by Simon McKibbin aka Sinhaketu who is a NVC certified trainer (cnvc). He is also certified in Mindfulness (Advanced teaching Certification breathworks) and Focusing (Certified Practitioner and Teacher with BFA) , offering more depth in the learning and practice of NVC.

Interim Support between Modules: Zoom for ongoing learning and connection.

Notes: Key Differentiations and overview CNVC certification process

Course Dates Listed

Knowing, Learning & Connecting NVC 2019

Module 1: 14th till 17th February

Module 2: 4th to 7th April

Module 3: 27th to 30th June

Module 4: 19th to 22nd September

All modules start with a meal at 18.30 on the Thursday and finish at 16.00 on the Sunday

Venue

This is an intimate setting with only 12 places. The bookings are on a first come first served basis.

General Information

You will be invited to form Empathy Groups that will meet daily during the modules and continue in the times between the courses

Daily Programme

8.30 Breakfast

10.00 Morning session

13.30 Lunch and free time.

15.00 – 16.00 Empathy Groups.

16.15 Afternoon session

19.00 Evening meal.

20.15 Creative activities; Singing and dancing, etc.

Training Prep: Read Marshall's book Nonviolent Communication, A Language of Life

Contact me for a digital copy I can send as an attachment through email.

Fees

One fee for all four modules of the Year Training.

The fee includes

- ✓ Tuition
- ✓ Materials, including handouts
- ✓ Vegetarian food
- ✓ Accommodation
- ✓ Community Zoom ongoing support Sessions in between Modules

We offer a sliding scale, to make it more accessible depending on your financial means:

Benefits or low-waged: Euro 1,700

Moderately comfortable: Euro 2000

A non refundable deposit of 30% is payable **prior to the course module 1 attendance** (i.e. 600 euro or 510 euro). Your place is secure after this booking payment.

A choice of 4 equal payments (one payment per module) is then an option or full payment up front.

Watch this Inspiring personal testimonial on NVC practice: https://www.youtube.com/watch?v=m_FbYWJtiJ8

Contact

Contact Marta Fabregat +353 872031764 - info@green-spiral.com

Simon McKibbin + 44 7974817393 info@mindfulnesswithcompassion.com

How to apply: Complete the booking form we will send you by email on interest.

Special needs: Please let us know if you have any special needs or diet considerations;

Contact Marta on info@green-spiral.com

Personal Profiles: Simon McKibbin aka Sinhaketu and Marta Fabrigat



Marta: I trained as a social mediator, and in conflict resolution, community development and facilitation. I love hosting - holding a space, and healing in nature gives this course an exciting blend of elements to accompany the NVC process as a community adventure.

An Tionól Cottage's natural environment, with a strong presence of an Irish oak forest and its respectful approach to learning, is the vessel that holds us together as a community. It is our intention to continue opening space for new, fresh ways of communicating, connecting and being in the world.

Simon: I met Marshal Rosenberg in 2004 and was moved by watching him being empathic with a person who was in severe distress - concluding with a sense of deeper healing and calm. On the basis of this meaningful and deep experience I became inspired to commit myself to the path of certification in NVC.

I believe NVC learning should be fun as well as meaningful for individual growth and deep community experience. I am also a certified trainer in the fields of Mindfulness and Focusing with 30 years of personal practise. Combining elements of Focusing and Mindfulness into the program adds a richness and depth allowing for a more embodied and deeper NVC experience.

Hear the inspirations of former participants have said: <https://www.youtube.com/watch?v=d9kNJtnklcc>

The purpose of Nonviolent Communication: <https://www.youtube.com/watch?v=ImaehABEZaY>