

CONSCIOUS COMMUNICATION – Foundation Course based on Marshall Rosenberg’s Nonviolent Communication, facilitated by Susan Clarke.

I am offering a Foundation Training in NVC free of charge (or by donation if you choose), informed by training and experiences I have undertaken since 2011 from Cate Crombie, Robert Gonzales, Simone Anliker, Kate Raffin, Liv Larsson and other trainers through the New York Intensive in 2012, the LIFE Program 2015/2016 and at the International Intensive Training in India in 2016. I am an experienced trainer, have facilitated courses for several years, and facilitate a practice group that meets monthly at the Quaker Meeting House in Turner and previously a monthly practice group in Ashgrove, Queensland.

The course is titled “Conscious Communication” because only certified trainers are permitted to use the term Nonviolent Communication in their trainings and because it describes my intention for the participants undertaking the training. I have reimagined much of the course material, using my experiences from recent months living with a chronic disease, the work of Robert Gonzales in Living Compassion, and the work of Robert and Simone in the Global Dyads.

My intention is for participants to experience deep self-connection through processes that take us from our heads into our bodies and hearts; connection to the divine source within; and from there to find curiosity and compassion for ourselves and the experience of others with whom we are in relationship or find ourselves in conflict. It is my belief that our work as activists and world changers comes from this inner source.

The structure of the course is as follows:

1. Getting curious about the truth of your experience with warmth and compassion when stimulated or triggered by an external event. How to make clear observations and develop our capacity and confidence to express ourselves without judgment, blame or evaluation.
2. Getting curious about the truth of the “other person’s” experience in response to the event with warmth and compassion.
3. Empathic listening.
4. Holding everyone’s precious needs tenderly as we find ways to meet everyone’s needs without coercion, manipulation or compromise. Making clear, doable requests in the present.
5. Expressing appreciation.

The training takes approximately 16 hours and will involve participation in pairs as well as in the whole group of participants. Participants who complete the course will be welcome to join the monthly practice group that meets at the Turner Meeting House on the third Thursday of each month. My request is that participants complete all course sessions.

Dates & Times

19 January (5.30 – 9.30 pm) 20 January (9 am – 5.30 pm) 21 January (2 – 5.30 pm)

If you are interested please register before the 18th January on the following form. My email address is clarkesj.59@gmail.com. I am open to friends of Friends and family members participating as well but they would also need to register and be willing to complete the full course. The maximum number of participants is around 20.

With warmth

Susan

Conscious Communication

a Foundation Course in Non-Violent Communication, based on the work by Marshall Rosenberg, facilitated by Susan Clarke

Registration Form (email: clarkesj.59@gmail.com) or post to Susan Clarke, 12 Creswell Street, Campbell ACT 2612

To meet my needs for clarity, organization, and printing course materials, please register before 18th January

There is no charge for the course but a contribution towards course materials would be appreciated. For the training to be fully understood and embodied, participants are requested to be present for the scheduled time at all sessions. There will be breaks for refreshment and comfort. Please bring food to share – tea and coffee will be supplied. The scheduled times are as follows:

Friday, 19 January (5.30 – 9.30 pm) Saturday, 20 January (9 am – 5.30 pm)
Sunday, 21 January (2 – 5.30 pm)

Name	
Name Tag Preferred name	
Contact Phone	
Email	