

Living NVC – 4 Day Non Residential Retreat

Being Me – Loving You

10-13 September 2020 – Sydney Crows Nest

If you have learned NVC and want to live it more fully in your life . . .

Would you like to move beyond the “theoretical knowing” of NVC, and have it as your primary nature?

Would you like to be able to use this way of relating, in your toughest relationships, and not lose yourself in emotional “freeze” or “reactivity”?

Do you want your children to have role-models of emotional self-awareness so they can have rich relationships?

Would you like to be really clear on your boundaries and able to say “yes” or “no” with care and clarity?



During these 4 days, we will be immersing in the consciousness of NVC and living from these NVC principles in how we interact together. We will be practicing NVC in exercises and building on our understanding of NVC through strengthening our NVC skills.... All from the richness of safe and trusting community.

This retreat has 2 focuses:

1. **To enrich my relationship with myself.**
(How do I have clarity and awareness of what is true or “alive” for me - my needs and what I care about?) And
2. **To enrich my relationships with those I love.**
(With this loving self awareness, how do I communicate with those close to me, clearly and lovingly, in a way that honours us both? That provides choice? That is connected to the joy of giving and receiving? To happily hear “No”? And how do I deeply hear what is going on for them, even when I am triggered?)

These 4 days will be highly nourishing, both physically and emotionally. You will be in a community of support and non-judgment. You will have empathy walks and connect with nature. And you will be deeply learning these powerful skills whilst receiving nurturing and gently releasing patterns, which you may have held onto for years.

You will leave refreshed, reinvigorated and confident in your ability to use NVC in any situation.

All this will be under the care and guidance of Shari Elle and team of experienced trainers.

This experience is one that will change and nourish you... one you are likely to remember forever.

4 Day Living NVC Retreat (Non Residential) Sydney w Shari Elle 10-13 Sept 2020

Daily Format of the Retreat:

The daily format of the retreat will be similar to the format of the Embodying NVC Retreat.

- We will be coming together in community with a remembering and connection in the morning,
- There will be 2 learning, experiential and LIVING NVC sessions before lunch,
- Lunch,
- An empathy buddy time (walking or sitting quietly) or reflection/quiet time
- An afternoon session
- And a closing circle with group time and celebration and mourning,
- Then an optional dinner together.

About Shari Elle the Trainer

Shari is a co-founder of NVC in Australia and has offered NVC trainings since 2001. She co-developed and owned the Embodying NVC Programs which ran in Australia for over 9 years.

Shari has worked extensively with Dr Marshall Rosenberg and has been Certified as an International NVC Trainer with CNVC since 2004.

Shari loves to see into the authenticity and power of people, always in their own unique ways. She works with people to powerfully and authentically create trust and connection, and transform the quality of relationships. She mentors NVC trainers, works in organisations, runs a 6 month Peer Leadership Program, holds advanced trainings & coaches one on one.



Investment

All prices are GST inclusive

	Date the <u>Deposit</u> of \$450 Is Due	Date Full Payment is Due	Investment per person inc GST
Early-Bird	30 July '20	20 August '20	\$895
Normal rate	3 Sept '20	3 Sept '20	\$995

To Register

Go to www.communicationgroup.com.au,

- Click on the 4 Day Living NVC Retreat – “Book”
- Pay either a \$450 non-refundable deposit or the full amount to secure your place in the training.

Venue, Times and Accommodation

The venue is Crows Nest Community Centre in Sydney (near North Sydney), walking distance to St Leonards train station and city buses. It commences on Thursday 10th September until Sunday 13th September 2020, 9am to 5.30pm each day.

Registration on Thursday 10 June is at 8.30am, ready for a prompt 9am start. (there are plenty of local cafes if you want to come in early and get breakfast).

There will also be an optional evening meal at a local café at 6pm each night.

Communication Group Pty Ltd

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If you require accommodation I recommend AirBnB. We will create a Facebook page to connect those participating (to share travel & accommodation).

Scholarships

There will be a limited number of partial scholarships available, dependent upon registration rates. Please contact me on shari@communicationgroup.com.au if your financial situation makes it prohibitive to attend.

Prerequisite for this Training:

As we will be building on what you have learnt at the NVC Foundation Training, and assuming that knowledge (with refreshers), we request that prior to attending this 4-Day Training, you have attended the equivalent of a 2 Day Foundation Training with a Certified Trainer. If you feel you have enough experience without this prerequisite, please contact Shari prior to registering to explore if the experience you have will support the learning of the group.

Wait List

Given our venue, this training is limited in numbers and once it is full we will open a wait list.

For more Information

If you require additional information, please email:

Shari Elle on shari@communicationgroup.com.au or phone on +61 412 233 955, or

Testimonials:

There is this spaciousness since the retreat. I feel so alive! And there are no judgments popping up in my head. It's really quiet inside me and I am automatically going to empathy and honesty in a very authentic way.

Truthfully I thought that NVC was a nice idea and that I would maybe make some progress by practising regularly. Now though, I can see I am really going to be able to live this in my life!! In fact I AM living this now!

I have done so many courses, intense psychotherapy and psychological work and there has been nothing as transformative as the ENVC Programme - the retreats and the coaching especially."

Annette Lewington, Participant

I got closure of so many past experiences because of completion and fulfilment of so many unmet needs which I carried with me throughout my life, now met in the safe, secure, stable, empathic, caring, nurturing, tender environment that I have experienced in the NVC retreats.

This has been the most enriching program I have experienced and I recommend it to everyone who is willing and prepared to live truthfully, honestly and authentically and wishes to connect empathically with themselves and others they care about.

Lynette Howearth, Participant

I certainly got the opportunities and learning to deepen my NVC consciousness and abilities. I am more than satisfied with what I received. I continue to be impressed by the level of teaching provided, and the amount of thought and consideration that goes into making the retreat the best it can be.

The training met what I was looking for: a level of challenge that required another level of NVC ability/facility of me.

Genevieve Gibbs, Participant,

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"I started on this journey because I wanted to connect more with those closest to me, and I realised that I can only start when I connect with myself first. I realised I wanted an outcome that was not achievable until I connected with myself first. Since doing the retreat last June I definitely have more consciousness about my responses. I am prepared to go more sloooowly, and that was a big one for me, because I was always interrupting, talking loud, and forcing my point of view. So going slow, taking time, connecting with myself and expressing that what I truly want is connection, is what has changed my life. When I get that about myself, then I can connect with the other."

Alan Kras, Participant

What would you say to Shari?

Thank you for everything. You inspire me in different ways. Your integrity, transparency, openness, generosity. Your insights, willingness to support and guide us. Mostly your courage to take risks and trust the process.

Bridget O'Donnell, Mother and Eco-Community Member