

# 5 Day NVC Mediation Training with Liv Larsson (from Sweden).

**21-25 August 2021\* – Sydney Crows Nest**

*(\*previously scheduled for Sept '20 – postponed due to CV-19)*

We (Shari Elle and Anne Deane) are delighted to announce that Liv Larsson (pictured), international mediator, author of over 20 communication and mediation books, and Certified Trainer with the Centre for Nonviolent Communication (CNVC) has agreed to come to Australia and offer her 5-Day Mediation Training to the Australian community.

Liv mediates internationally and has worked with mediators in Europe, Asia, the Middle East and Australia. In her mediation trainings, Liv brings an emphasis on creating connection, building trust and the importance of working with shame and vulnerability – crucial factors in the success of any mediation. We are excited to be sharing this training with the Australian Community.



## About this Training

### The opportunity

These 5 days will provide a unique opportunity to learn skills that facilitate dialogue, explore and resolve in-depth conflict, and demonstrate how you can handle the challenges that conflict brings. It is a chance to study with a highly experienced international mediator who bases her work in Nonviolent Communication.

### Mediation Focused on Connection and Needs

When we focus on the solutions of a conflict, it often leads to stronger positioning by the parties of the conflict. Mediation based on Nonviolent Communication (NVC) focuses on creating connection first, and trusts that when the parties are connected, they will find solutions that work for them. By focusing on the needs that are not met, it creates the necessary space for new solutions to arise from the grounding and understanding of compassionate connection.

The focus on listening to a person's needs in a conflict is something a mediator can practice and learn. It is not just based on intuition or empathy, but also on creating a frame-work for understanding between the parties.

### "Hands on training"

Mediation can be seen as a way to lend a helping hand; to lend the conflicting parties your own communication skills. It is not "taking over" the conflict, but it is a way to support the parties in dealing with tough dilemmas, helping them find their own solution.

In this intensive "hands-on training" you will have a lot of opportunity to learn, experience and practice acting as a third party in formal and informal mediation environments. You will have the opportunity to test your communication skills, identifying areas where you need to practice, gain clarity or grow empathy.

## Who this training is for

This training is for those who want to:

- Deepen their skills in mediation
- Obtain skills to get started in mediation
- Challenge and grow their general communication skills
- Significantly enhance their NVC skills.

You do not have to be a formal mediator to take part in this training, although qualified mediators will significantly benefit from what is shared.

Communication Group Pty Ltd

M: 0412 233 955

E: [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au)

<http://www.communicationgroup.com.au>

Aware with Words

M: 0419 603 900

E: [anne@awarewithwords.com.au](mailto:anne@awarewithwords.com.au)

<http://www.awarewithwords.com.au>

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## Training Overview (may vary according to group needs)

Each day will contain a combination of theory, Q&A, skills training in rotating triads, simulations in small groups, self-care for the mediator, and exploring the inner work of the mediator.

### Day 1

- Session 1: Introduction (to the group, place, and mediation practice). What is conflict and how to deal with it. Mediators toolbox. Following the flow. Form-clarity-intention. Informal mediation.
- Session 2: Small group work. The Importance of mediator self-care. (How to build empathy support.)
- Session 3: Mediation game. Getting to strategy. Practice. How to form a solution.

### Day 2

- Session 1: Deepening mediation practice. How to start a formal mediation. Contracts for mediation. Clarity – key differentiations.
- Session 2: Mediator's self-care. Dealing with our own judgments, self-doubt and enemy-images.
- Session 3: Mediation practice with focus on how to build trust on all levels.

### Day 3

- Session 1: Intention of the mediation. Shame, vulnerability and conflict.
- Session 2: Mediator's self-care. Handling shame as a mediator.
- Session 3: Variations. Mediating challenging situations. Continue integrating shame awareness.

### Day 4

- Session 1: Shuttle mediation. Mediation in pairs.
- Session 2: Mediation with parties that do not want to meet, have too much shame to meet or find it hard to build trust; work places, relatives/family etc.
- Session 3: Common reflection and learnings. Feedback loops for everyone to get something to grow in. Empathy work.

### Day 5

- Session 1. Mediation practice. Building strength in the challenges.
- Session 2. Mediator's self-care. Empathy and building inner trust.
- Session 3. Questions. How to keep the practice going. Next steps.

## Requirements for this Training

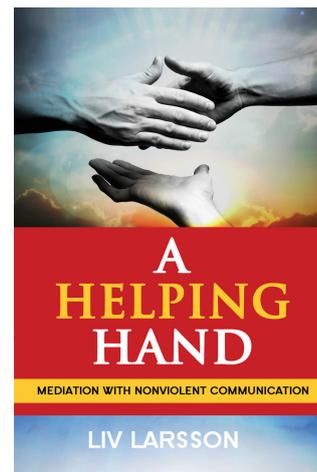
We would like you to have attended the equivalent of a 2-Day NVC Foundation Training prior to attending this event.

If you want to take part in the training without the above requested training (maybe you work as a mediator or another reason) please contact Shari [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au) - before applying, so we can decide together.

We suggest you read the book *A Helping Hand, Mediation with Nonviolent Communication* by Liv Larsson. There will also be some assignments before the training as preparation.

Communication Group Pty Ltd  
M: 0412 233 955  
E: [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au)  
<http://www.communicationgroup.com.au>

Aware with Words  
M: 0419 603 900  
E: [anne@awarewithwords.com.au](mailto:anne@awarewithwords.com.au)  
<http://www.awarewithwords.com.au>



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## About Liv Larsson the Trainer

Liv Larsson is a Certified Trainer with Center for Nonviolent Communication since 2002. She has worked as a coach, mediator and workshop leader since 1992. She has written over 20 books on the themes of Communication, Mediation, and Nonviolent Communication. Some titles include *Anger Guilt and Shame - Reclaiming Power and Choice*, *A Helping Hand- Mediation with Nonviolent Communication* and *Cracking the NVC Code*. (All 3 of these will help you prepare for this mediation training.)

Liv lives in the north of Sweden. Her mediation contracts include working with mining companies as well as the Swedish Forest Stewardship Council where she has mediated between the Same (the indigenous group of Sweden) and the country's biggest forest companies.

Liv has been sharing her special way of teaching mediation skills internationally, and with many different groups - from UN mediators to social workers and parents and has been leading mediation trainings in Australia, Europe, the Middle East and Asia.

Her passions are cross-country skiing, hiking, swimming, yoga, nature, her son, writing and connecting with people.

## Investment

All prices are GST inclusive

|  | Date the \$450 Deposit Is Due by | Individual & Not For Profit Payments | Organisation * Payment |
|--|----------------------------------|--------------------------------------|------------------------|
| <b>Bonus**</b> 90 min Inner Circle Live Gathering w Liv Larsson. Wed 20 May '20 (7.30-9pm) | Wed 20 May '20                   | \$ 1650                              | \$1895                 |
| Super early-bird   | 31 Jan '21                       | \$1650                               | \$1895                 |
| Early bird   | 15 May '21                       | \$1750                               | \$1995                 |
| Full rate  | 31 July '21                      | \$1850                               | \$2095                 |

\*Where organisations are paying the tuition for training, or reimbursing the tuition fee, we ask that the "organisation rate" be paid. This supports us to keep the costs lower for individuals who are less able to afford it.

\*\*This is a personal thank you from Liv for those who booked before May 20 2020 and stayed booked in after the CV postponement.

## 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 Saturday 21<sup>st</sup> August until Wednesday 25<sup>th</sup> August, 9.30am to 6.00pm each day. There is accommodation nearby through AirBnB and we will create a Facebook page to connect those participating (to share travel & accommodation).

## To Register

Go to [www.communicationgroup.com.au](http://www.communicationgroup.com.au),

- Enter your details against the Mediation Training
- Pay a \$450 non-refundable deposit to secure your place in the training.
- The remainder will be due at least one month prior to commencement.

Organisations are requested to complete payment within 30 days of booking – please request an invoice if required. Contact [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au) for any additional information.

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## Wait List

This training is limited in numbers and once it is full we will have a wait list.

## For more Information

If you require additional information, please email:

Shari Elle on [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au) or phone on +61 412 233 955, or

Anne Deane on [anne@awarewithwords.com.au](mailto:anne@awarewithwords.com.au) or phone +61 419 603 900.

## Additional Information about this Training:

### How Does Liv's Mediation Approach Vary from other Mediation Training?

In addition to her extensive experience and wisdom, Liv brings to her mediation training 3 additional differentiations to her mediation approach. Not only do these create better outcomes for participants, but they also contribute to ease and joy for the mediator.

#### Approach 1: Nonviolent Communication to support the Mediation Process

Focusing on solutions to a conflict often leads to even stronger positioning. So mediation based on Nonviolent Communication (NVC) focuses instead on connection, trusting that when the parties are connected they will find solutions that works for them. The basis for compassionate connection in NVC is a focus on needs. By focusing on needs in mediation we create the necessary space for new solutions to arise.

NVC is a very practical skill that a mediator can practice and learn. It is not only based on intuition or empathy, but also creates a framework to support understanding between the parties.

#### Approach 2: Shame/Vulnerability

Liv works extensively with the approach of transforming cultural shame to natural vulnerability. Breaches of trust are often a major factor contributing to the conflict in mediation, so shame often shows up during conflicts. When breaches of trust have happened, it is crucial for a mediator to know how to handle shame.

Most participants in mediation attempt to avoid shame, using strategies that don't support mediation or conflict resolution. They avoid engagement, brace themselves, become insensitive, get angry or take all the blame themselves. These reactions do not support good mediation outcomes so mediators must be able to work with shame.

Shame is also contagious so a mediator mediating a conflict where there is a lot of shame, needs to know how to handle their own shame as well.

#### Approach 3 – Maintaining Trust

During the training we will also keep an eye on the issue of trust. It is fundamental for a mediator to be able to gain and create trust. Trust is connected with intention and integrity but also with competence and results. For a solution to be successful it needs to take all levels of trust into consideration.