



Three Necessities for Integrating NVC

with Jim Manske, CNVC Certified Trainer

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NVC Academy

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Inspired by a talk given by Marshall Rosenberg, Jim offers an interactive exploration of powerful strategies for making NVC an integral part of your everyday life.

- Remembering the Purpose of NVC**
- The Shared Power of Gathering Support**
- How to Support Yourself with Regular Practice**

What will you gain from this class?

- More clarity on the needs that deepen your commitment to learning, doing and being NVC.
 - Next steps for you in giving and receiving support in community with others
- An individually crafted practice to support integrating NVC in your life.

Agenda

- Overview of Call and Logistics
- Self-connection Exercise
- Check-In
- 3 Brief Lessons with Interactive Exercises
- Celebration and Mourning



Spiritual Clarity

What do you do (or intend to do) to support remembering the purpose of NVC?

Suggestions include reading something supportive, e.g. an inspiring book or poetry; meditation; time in nature; watching a supportive video or listening to a supportive podcast...

“This intention is to create the quality of connection with other people and oneself that allows compassionate giving to take place. In this sense it is a spiritual practice: All actions are taken for the sole purpose of willingly contributing to the well-being of others and ourselves.

The primary purpose of Nonviolent Communication is to connect with other people in a way that enables giving to take place: compassionate giving. It's compassionate in that our giving comes willingly from the heart. We are giving service to others and ourselves –not out of duty or obligation, not out of fear of punishment or hope for a reward, not out of guilt or shame, but for what I consider part of our nature. It's in our nature to enjoy giving to one another.” -Marshall Rosenberg

Community



*Discovering strategies for
creating more*

Consider strategies for starting your own community: Book Club; Leaderful Practice Group; Facilitating a group based on NVC: Language of Life and Lucy Leu's Companion Workbook; video practice group; online communities on Facebook; NVC Academy.

Connecting about Community

Consider exploring these questions with your community; if you don't have one yet, consider journaling to discover your next steps.

1. What's working for you in terms of community?
2. What's getting in the way of having the community you would like?
3. What's your vision of NVC Community?
4. What's one step you can take to bring your vision into reality?

Practice, Practice, Practice

An individually crafted practice
to support integrating NVC in
your life.



***An individually crafted practice
to support integrating NVC in your life.***

1. Identify a strength
2. Identify an edge

Consider, how can you use your strength to support your edge?

Skills to consider:

Presence
Observing
Feelings Awareness
Self Acceptance
Needs Consciousness
Recovering from Reactivity
Making Requests
Empathy
Honest Self-Expression
Patience

From: Pathways to Liberation: Matrix of Self-Assessment