



5-day NVC Mediation Training

18th to 24th September 2010
on the Greek island of Agistri



facilitated by
Ike Lasater and Ania Mills
with
Marianne Göthlin Louise Romain Towe Widstrand

**Develop presence, personal growth, and NVC
skills to mediate conflict**

Marianne, Louise and Towe are delighted that Ike and Ania have accepted their invitation to join them on their Greek hideaway! Selected for their specialist experience applying the language and consciousness of NVC to conflict mediation, Ike and Ania lead this course; Marianne, Louise and Towe support and coach the breakout groups. A former lawyer and four trainers certified by CNVC is a heady learning mix for this 5 day NVC course on mediation - and we hope you'll join us!

Overview

The training offers an intensive experience and provides you with foundational skills to mediate conflicts in all kinds of situations - from those in personal relationships to those in businesses and other organisations. The training is offered in increments in which you control your level of learning challenge. The skills you develop apply to four contexts when:

- dealing with conflicts in yourself
- you are in a conflict with another person
- you are putting yourself into other peoples' conflict without being asked
- you have been asked to lend your skills as a "third side"

This NVC mediation course provides a learning environment for you to:

Practice presence, connection, and self-expression in the midst of conflict ;

Deepen skills of empathic listening in challenging situations ;

Translate judgements into need language with greater ease and naturalness ;

Learn how to facilitate people hearing each other's needs ;

Develop skills for supporting clear requests and creating collaborative solutions.

The Training Program includes: mediator self-preparation and self-care, a five-step model, nine mediator skills, pre- and post-preparation and a learning cycle.

Emphasis is placed on developing abilities to "hold space" within oneself and for others, qualities of presence, universal connection, interdependence, and use of power based in compassionate giving and receiving. In mediation role-plays you have ample opportunity to work at your own pace with conflict situations and experiences from your own life. Daily self-practices and practices with others for learning and skill building are also be offered that can extend the learning into everyday life.

Experiential Learning – The Three Chair Learning Model

At the heart of the training is the three chair learning model. You learn by doing and by receiving in-the-moment coaching and real-time feedback from multiple perspectives. You have the chance to play **mediator** and **disputant** in conflict situation role plays. Roles rotate for optimal learning: sitting in the **mediator's** chair you practice staying present and connected with yourself moment by moment and get real time coaching from the facilitators, as well as feedback from those in the disputant roles and from those observing; as disputant or **observer**, you then have the opportunity to move into the mediator's chair and put into practice what you have just learned. There is a back and forth flow between experiential doing and stopping to "harvest" together what is learned from the role plays. There is also the flow between being in the plenary group and breaking into smaller groups.



Ike, Ania, Marianne, Louise and Towe

Ike Lasater was a trial lawyer for 20 years before shifting his focus to using NVC to mediate conflicts. He has used his experience in innumerable legal and NVC mediations to develop, along with John Kinyon and others, a step-by-step approach to teaching NVC mediation. John and he lead year-long NVC mediation immersion programs in California, the Eastern United States and Australia. Ania Mills and Ike offer trainings based on this approach in Poland. He mediates with couples and businesses. Ike's website is WordThatWork.us

Ania Mills, based in Warsaw, Poland, has been incorporating NVC into her everyday life since it was first introduced into Poland in 2001 and was certified 2008. Her focus is now on regular NVC-trainings as well as NVC-mediation, working with groups, couples, businesses in both shorter and longer programs. Learned formal NVC mediation skills during Ike Lasater and John Kinyon one year program in California, US. Since 2009 she offers NVC-mediation courses with Ike. Ania has completed postgraduate studies in training skills in 2009. She is particularly interested in developing these skills in the NVC context and sharing it with NVC trainers. www.nvc.com.pl

Marianne Göthlin is particularly interested in sharing her in-depth NVC experience in education, with school staff and parents. Marianne has 12 years experience of running a school based on NVC values, serving as a trainer in many IITs with Marshall Rosenberg. www.skolande.se

Louise Romain is known for her lively yet sensitive approach and focussing on inner transformation, Louise offers NVC public courses in Europe and Africa (University of Peace in Africa) plus coaching and mediation for individuals and couples.

Towe Widstrand has more than 20 years experience of sharing NVC in various settings, both public groups and in organisations. Towe has offered courses in more than 20 countries and is part of CNVC's certification team. She has also served as a trainer in many IITs.

We (the trainers) have chosen again **Rosy's Little Village** on **Agistri island** as an ideal retreat location for NVC courses. Rosy's is our host for the course, just 30 metres from both sandy and pebble beaches on the clear Greek sea. Rosy's offers genuine Greek atmosphere with locally sourced Greek traditional food, mostly organic, and accommodation with clean, simple rooms.



Learning, relaxing and eating will take place near the water, giving you time to take in the splendid views of distant islands. Greece's sunny climate means that you can swim before, between and after workshops!

Agistri is the smallest of the Saronic islands and also the greenest, the most picturesque and the least developed island. It is not in the chain of island hopping and therefore not built up.

Rosy's has bicycles on which you can explore the island or you can rent a moped in the harbour town of Skala, which is a 10 minute walk. More information at:

www.rosyslittlevillage.com

From Athens airport, travelling to Agistri is easy. Other beautiful islands like Poros and Hydra are close enough to be visited in one day and Aegina, a 15 minute ferry ride away, is a great place for shopping and having lunch in the bustling harbour.

Full details on how to get to Rosy's are provided well in advance of the course in order to plan your travel with ease and comfort.

Prerequisite of Training: To assimilate this training we request participants have an understanding of the basics in NVC.

The price of this retreat includes course fees, full board and accommodation in a shared bedroom:

Tea, coffee, fruit and water are all included, starting with dinner on the 18th September, a farewell dinner on the 23rd before departures on the 24th September

Early bird enrolment before 1st May : 1200 €

After this date : 1450 €

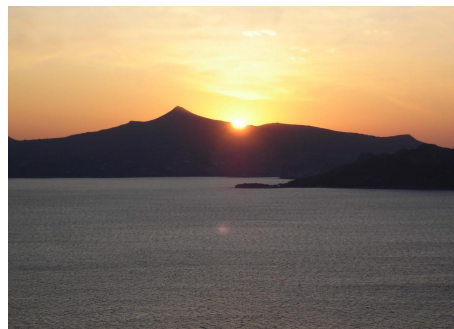
Travel to the retreat and alcoholic drinks are NOT included in the price.

Cancellation policy: If the training is cancelled due to few enrolments your fee will be returned in full. If you enrol and cancel before the 15th of August and we cannot fill your space we will not pay the deposit back.

Please contact Towe with questions or to register.

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Agistri by day and by night

Here are a few experiences that participants of courses run by Ike Lasater and John Kinyon have shared. We hope they inspire you and help you connect to the value of participating in this course.

"The mediation class was my pathway into grasping NVC in a deeper way. The immediacy and aliveness of the role-plays highlighted the value of having fluency in NVC skills and therefore motivated me to take my learning to a deeper level. The structure of the class facilitates learning in a way that works very well for me. There is just the right amount of theory to help us get started, with the larger portion of the class left to dynamic role-plays with excellent coaching from the teachers. I think you teach really well together. It's very helpful having two teachers. The class is dynamic and engaging." - Holly Wilder

"I continue to bask in the afterglow of the training, and I am realising how much I "groked" from that 5-day immersion. I realised some years ago that the way I learn is through a process of digesting my experience as opposed to remembering facts, and I later see how the learning expresses itself in ways unique to me. That expression is exactly what I am experiencing in the training's aftermath; I'm finding myself thinking and speaking more often from an NVC perspective. I'm wanting you to know that [your] teaching styles, methods and examples of embodying and living NVC, along with the additional reinforcement by the assistants, resulted in the richest learning experience of any training, workshop, seminar, etc. in my life" - Rick Robbins

"The NVC mediation classes taught by John and Ike are great fun. Everyday, I can practice the learning at my family's kitchen table, at work, on the street, on the phone, but especially within myself....It's powerful stuff and it's made a huge difference in my world. Thanks, guys" - Deborah Goldblatt

"I have thoroughly enjoyed John and Ike's NVC mediation series - so much so in fact that I am about to start my third series. Taking the mediator role has put me in situations where I really need to get in touch quickly with my own feelings and needs and those of the characters in the role plays. This is challenging, but the challenge has encouraged me to spend more time between classes practising and studying NVC. I am now very enthusiastic about using NVC in real mediation situations in my own career" - Newt Bailey

"The mediation series provided me with practical yet powerful skills for resolving conflict - in my own life and the lives of others. I've been a "peacemaker" at heart all of my life. However, prior to this training, I didn't have the tools to translate my intention into action. Since the workshop I have gone on to do several successful mediations with clients in my private practice as well as friends and family. If only I would have learned these skills 15 years ago! John & Ike's mastery of the material, depth of experience and integrity in living the process are exceptional. I highly recommend this training!" - Chris Kresser

"Taking a mediation series with you ... was one of my most enjoyable and fun learning experiences in recent years. I've taken various NVC classes over the years but the mediation class taught me NVC more powerfully than anything else. I began to see for the first time the power, the simplicity, and elegance in the NVC model. I am really excited to continue deepening my NVC and mediation skills" - Tiko Shah

"The mediation class engaged my brain and my heart. It was the first time I was able to focus on empathy in a way that was very clear to me. I did not choose a side, or make a decision on who was clearly right and clearly wrong as my culture and community have trained me. Mediation gave me the gift of practising genuine mediation while holding space for two people who need to have voice. Mediation also directly impacted my ability to be a manager at an agency that is dedicated to social justice. I now realise that social justice comes from within an agency and feeds the community it serves. If the people in the agency can be in connection with each other in a way they enjoy, then our mission has a firm foundation. Finally, NVC gave me a clear path to embody observation, feelings, needs and request. It is a part of me that now serves my self and others. I feel very confident in living nonviolent communication" - Nicki Guard