

Communication Group Presents...

Nonviolent Communication Practice Group

A weekly online Practice Group with Sharon Rallings

The next 12-part online practice group series, led by Sharon Rallings, is about to start.

Each session is stand alone, however to support you to integrate this awareness and language into your everyday life it is best to attend as many sessions as you can.



This practice group is for those who have completed an NVC foundation training.

About Sharon Rallings:

Sharon has been practicing NVC since about 2003 and lives it on a daily basis.

She is a valued mentor in the Peer Leadership Program, and is in the final stages of becoming an NVC Certified Trainer. Sharon brings deep care, and a unique and fresh perspective to NVC and anyone who studies with her will benefit.

Next series starting date and prices:

Starts Tuesday 14th February 2023 to 2nd May 2023

Full package price \$195, (valued at \$420 – Saving of \$225)

Weekly on Tuesdays at 7:00 PM to 9.00 PM AET (Sydney/Melbourne Time)

Single classes are also available.

Register at:

<https://communicationgroup.com.au/trainings/weekly-practice-group-online-single-quarterly-yearly/>

Program Outline:

Week	Date	Program (may change without notice)
0	7/2/23	Week Off - No Practice Group Tonight
1	14/2/23	NVC Consciousness If I am judging you but thinking, I should be speaking in NVC, there is a gap between my consciousness and my language, the other person picks up on the discomfort more than your words. If NVC is taking me into my head, then will not be contributing to the connection I desire.
2	21/2/23	Feelings We can see them as the source of our pain, but with practice we can see them as a guide to the source of our pain. This direct experience tells me moment by moment how I am, in relation to what I like love cherish or value etc.
3	28/2/23	Needs motivation, rather than feelings motivated This orientation is a game changer. Giving us the capacity to be flexible, responsible and effective in contributing to what I really DO want. Avoiding or acting on feelings, misses the precious purpose of them.
4	7/3/23	Receiving hard to hear statements Practicing how to hear a triggering statement in a way that is less likely to escalate the situation, but rather is likely to support connection. Where we stay on our side of the street with honesty and empathy. This is key to showing up in life and being authentic. When we know we can meet whatever comes back at us and not lose ourselves in the process, then we have the courage to risk stimulating feelings in another.
5	14/3/23	Forgiveness Forgiveness when connected to thinking in terms of right and wrong, often involves repentance to be absolved from our sins. In NVC, we don't want to miss the important steps of seeing what happened and mourning the precious life serving needs which were not met. This engenders genuine compassion.
6	21/3/23	Protective use of force use of force Versus punishment and rewards. We don't want anyone to do anything out of duty or obligation or avoid punishment or criticism, to get praise or compliments as a long-term cost is too high
7	28/3/23	Interrupting To meet specific needs or if we have lost connection you don't have to wait politely if your needs are not being met or if you have heard more than you

		would like. If you find yourself bored or even annoyed, we can interrupt to meet needs for honesty and connection
8	4/4/23	Informal mediator and peacemaker Wherever you are, at work in families or friends, we will learn how to support others who are in conflict, to meet needs of our own, such as harmony and contribution
9	11/4/23	Working with your own shame anger guilt To find their rewarding life serving benefits These are three of the four life alienated feelings which have within them a rewarding precious purpose.
10	18/4/23	Boundaries that support connection Knowing and standing, for what's OK with me and what is not, is the key to self-love and compassion. And sharing it, Is a gift that can support others, to understand how they could care for us.
11	25/4/23	How to be with conflict In a way that is generative rather than destructive. It's inevitable and potent with creative potential but violence connected with conflict is optional. Being with conflict in a way that brings deeper understanding and supporting deeper connection and generates solutions.
12	2/5/23	Speaking street giraffe Naturalising NVC, so we can speak from the heart in a way that's connecting.

"Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray" – Rumi

Emergency Contact:

Shari Elle 0412233955 shari@communicationgroup.com.au