

5-day workshop
with
Kathleen Macferran
“Building Beloved
Communities”
August 20-24, 2022
in France

Organized by
NVC
BEYOND
BORDERS



BUILDING BELOVED COMMUNITIES AS THE BACKBONE OF SOCIAL CHANGE

with Kathleen Macferran

Come and explore individual and systemic dynamics in a way that invites all voices to participate and cooperate!

How can we make the world more resilient by contributing differently to our communities, organizations and collectives (intimate spheres, schools, living and working spaces, prisons...)?

How do we recognize and support what is already working in our communities? What is missing in our organizations and what do we want to develop to foster health, peace and cooperation?

How do we create organizations that take care of all the living beings that contribute to them? How do we transform prisons into places of inclusion and healing?

What is our worldview and in what ways can we put it into practice?

We will explore these questions based on our experiences from the collectives and organizations in which we work. This interactive workshop will allow everyone to leave with concrete insights for reflection and action.

TOGETHER WE WILL:

- Recognize the critical systems within communities that help them thrive and how can we influence and/or co-create systems within communities that support the well-being of all.
- Discover what is the intersection of systemic, cultural norms and individual actions.
- Become aware of the power we personally have to influence systems.
- Identify what inner resources we want to cultivate to bring our gifts more fully to our community.
- Explore how we can talk about power, influence, privilege, choices and resources in ways that invite all voices to the table and into collaboration.



[CLICK HERE](#)
TO REGISTER ONLINE

THE TRAINER



KATHLEEN MACFERRAN has been working as a certified trainer for the CNVC since 2003, and as an assessor since 2010. She is passionate about community system building and conflict transformation. For over 30 years Kathleen has explored ways to restore harmony to communities. She is committed to build a world where peace replaces violence, love replaces hate, equity replaces inequity, and all people live meaningful lives.

Kathleen has worked internationally with individuals, community groups, businesses, families, schools, hospitals, prison inmates, as well as correctional and law enforcement employees. She supports the transformation of prisoners into peacemakers as a facilitator for the Freedom Project of Seattle. This organization supports healing connection and restorative communities both inside and outside prison through NVC, mindfulness, racial equity and anti-oppression strategies.

She has worked as the leader of a nonprofit organization and as a public school teacher. She has been a conductor for 20 years and has conducted several classical music recordings. She is the author of the children's books *How Giraffes Found Their Hearts* and *How Giraffes Got Their Ears*, and conductor for *Giraffe Tales* a children's CD setting those stories to music. Kathleen is co-author with Jared Finkelstein of *Choice: A Field Guide for Navigating the Polarization of Our World and Living Interdependently*.

She lives near Seattle, USA.

www.strengthofconnection.com

When?

From August 20 (9 am) to 24 (5 pm) 2022

Where?

In France, in Versailles,
at the Ermitage

For whom?

Everyone interested!
No experience with NVC required

Group up to 30 participants

Workshop in English translated into French

A workshop offered through gift-economy

We dream to live in a world that fully values diversity and differences. We are convinced that each of us can contribute to make life more rich and fulfilling. We also believe that meeting people from diverse socio-economic backgrounds is an enriching relational experience for everyone. This is why we are committed **to making NVC accessible to all**, independent of financial means.

We are hence delighted to propose our workshop with Kathleen McFerran, « **Contributing to resilient communities** », **in a gift-economy**. This is a topic that we see as particularly useful to explore in the times we are going through and which are unsettling for many of us, and so it is important for us that money isn't an obstacle to participation.

We also see offering this workshop on a gift-economy basis as **a powerful opportunity for individual and collective emancipation**. By inviting each participant to **consciously choose the amount** of their financial contribution, this practice invites us to question the way we exchange our resources and our relationship to money. It offers us an opportunity to acknowledge and to transcend our representations (money brings security, freedom, recognition, gives value to an activity...) and our fears (fear of not having enough), thus leading, little by little, to more inner freedom. This practice helps us see money as a life-serving means of exchange, rather than as a source of conflicts and tensions. **Acting in the world, with an open heart and from a place of consciousness and trust** is, for us, one of the keys for **a more equitable and sustainable society, in which the basic needs of each and everyone can be met**.

Gift-economy is in itself a practice, and **we will take time during the workshop to explore it**. We will share with you the fixed costs linked to the organisation as well as the amount that each person in the team would enjoy receiving. After a round of sharing around feelings and any clarifying questions people may have, we will invite you to give the amount of money that is possible and joyous for you to offer. Your contribution will then be a way to celebrate your insights and learnings, a gesture of your gratitude, a way to make it possible for us to continue our work towards a world that works for all, and it will support the realisation of our dreams and projects...

“I FIND GIFT ECONOMY IS A WAY TO INVITE PEOPLE INTO A CORE PRINCIPLE OF NVC FOR ME: THE FREE FLOW OF GIVING AND RECEIVING. IT MAKES IT REAL AND THE UNDERSTANDING OF THAT PRINCIPLE GOES TO COMPLETELY NEW LEVELS WHEN IT IS CONNECTED TO MONEY. THIS EMBODIED LEARNING CONTINUALLY INVITES ME TO LOOK AT MY OWN CULTURAL CORE BELIEFS AROUND GIVING AND RECEIVING.”

KATHLEEN MACFERRAN

MUTUAL FINANCIAL SUPPORT SYSTEM AMONG PARTICIPANTS

During the workshop, we will offer a **financial support system**, the details of which will be **co-created by the group**:

- If **receiving money** can help you pay for transport, accommodation and meals, or fund any other specific project... there will be a space for you to ask.
- If it is joyful for you to **contribute** to other people's well-being, you will be invited to make a donation.
- The **money collected** will be **distributed among the people who have applied for support**.

Participation in the workshop requires to join NVC Beyond Borders by paying an **annual membership fee of €20**. This fee is to be added to the training fees. The membership is valid for one calendar year and allows you to register for one or more events in the year.

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The venue

L'ERMITAGE, VERSAILLES

Located in the heart of Versailles, a stone's throw from the famous Palace, the Ermitage enjoys an **exceptional setting conducive to learning and renewal**, while being easily accessible by public transport (RER) from Paris.

The Ermitage is a **place committed to the human being and the Earth**. Local ecological associations, users, residents, employees, and volunteers of this living and working space seek to live this ecological coherence where social justice, personal and spiritual development, and the relationship between humans and other-than-humans are thought out together. Training, projects, spiritual life and partnerships unfold to allow each person to experience and deepen their relationship with themselves, with others and with the living in all its forms. The site is managed by Fondacio, an organization of lay Christians.

ACCOMODATION

While residential workshops encourage exchanges outside the training times and undeniably contribute to the richness of sharing and learning, the additional cost they entail also hinders the participation of some people. We have therefore chosen to offer this **workshop on a non-residential basis**, while at the same time **offering those who wish so to say in-residence at the Ermitage**.



Price per night, shared bathroom,
breakfast included

Single room	€40
Room for 2 people	€30
Room for 3-6 people	€26

However, in order to encourage sociability and mutual support, **we invite**, as far as possible, **people who live in the Paris region** or who have a place to stay (with family, friends...) **to host participants from other regions**.

www.ermitage-fondacio.fr

MEALS

The Ermitage offers tasty **vegetarian meals** for lunch and dinner, prepared with local organic food, **for €15**.

It is also possible to **picnic in the beautiful garden**, where tables are available. Several shops and restaurants are also located nearby.

NVC Beyond Borders

NVC Beyond Borders' purpose is to facilitate the emergence of a way of living together that transcends all forms of barriers, in order to take care of life in all its manifestations, using Nonviolent Communication.

In order to implement this vision, we are committed to:

- Offer regular opportunities for the French NVC network and the international NVC network to meet – in order to nurture inspiration and broaden our vision – through the organization of workshops with international facilitators.
- Challenge the barriers between different publics (facilitators, “beginner” or “experienced” practitioners) by offering workshops open to anyone interested in NVC.
- Make the workshops accessible to people with low incomes.
- Contribute to the development in society of a gift-based economy, in order to support a way of living together, moved by the joy of contributing to the wellbeing of everyone.
- Cultivate the consciousness of interdependence and beyond, of inter-being.

For any questions, contact us at:

nvcbeyondborders@posteo.org