

Workshops 2021

NVC

Beyond
Borders



NVC Beyond Borders

Seeks to facilitate the emergence of a living together that transcends all kinds of borders, so as to take care of life in all its forms, through Nonviolent Communication.

To this end, we wish to:

- Organize in-residence workshops in France with international facilitators to explore NVC through specific themes.
- Create a space for meeting and sharing regularly between the French-speaking and the international NVC networks.
- Bring together different audiences thus welcoming everyone interested in NVC (facilitators, people in the process of certification, “new” or “experienced” practitioners...).
- Facilitate the financial accessibility of NVC to people from less-privileged socio-economic backgrounds.
- Move towards an economic system based on gift economy, for a living together driven by the joy of contributing to everyone’s well-being.
- Cultivate an awareness of interdependence and interbeing.

WORKSHOPS

2021 June 22 – June 27

Embodying the Spirit of Connection

with Robert Maoz Kržišnik p. 4

2021 September 14 - 19

Building Strong Communities

with Kathleen Macferran p. 6

PRICES

Training fees p. 9

Accommodation and meals rates p. 12

REGISTRATIONS p. 13

5-day workshop with Robert Maoz Kržišnik

EMBODYING THE SPIRIT OF CONNECTION

Robert Maoz Kržišnik sees the essence of Nonviolent Communication in manifesting the spirit of true connection: with the flow of life through us, and with the heart of the other. And while he believes we all got attracted to NVC precisely because of longing for heart-to-heart connection, the practice of NVC only too often becomes some mechanical activity that not only fails to bridge the abyss between us and others, but even deepens it.

So NVC may not be just about how to solve the many puzzles of our relationships, but actually a choice about how do we want to be showing up in this experience of human life, how do we want to move and how to meet others. A choice to acknowledge the interconnectedness of it all, a choice to open up to the evolutionary flow of Life, a choice to extend beyond the known self, a choice to embrace it all.

In this workshop we will be exploring key aspects of the spirit of connection; the self-connection with our deepest authenticity, the fully honest and compassionate connection with others, or even letting go and let ourselves fall into the flow of Life...



TOGETHER WE WILL EXPLORE:

- How our empathic receiving can move from a mechanical activity into the magical following of the unfoldment of Life in another human being?
- How can we establish a truly authentic and compassionate dialogue with another that will have an evolutionary effect on both?
- How to stay connected with life in us, even in challenging situations?
- How to transform the ongoing fight with life into a mysterious dance?
- What has been influencing choices we made and keep making in our lives?
- How can we deal with unpleasant experiences in our lives, and embrace them?
- What keeps us from shining in our full authenticity and deepest integrity?
- How to find incredible strength of full authenticity within the space of sheer nakedness and vulnerability?
- How can we connect with the flow of Life in us, and perhaps even surrender to it?

THE FACILITATOR



From early teenager years, **ROBERT MAOZ KRŽIŠNIK** has been inquiring into the questions of meaning of life, the nature of existence and the ways of meeting each other in our innocence, at the heart level. The journey led him through studying Psychology, working as a psychotherapist for 12 years, and working as a facilitator for over 32 years, covering areas from spiritual retreats to business trainings.

Within the context of NVC, he is most passionate about conflict mediation as well as its spiritual and embodied dimensions. Besides NVC, most important explorations on his journey have so far been Soto Zen, Enlightenment Intensives, Art of Hosting, Bohmian Dialogue, Contact Improvisation...

He is a certified trainer with CNVC, has been regularly serving as a trainer on 9-day International Intensive Trainings and 9-day European Intensive Courses, and has shared NVC in 27 countries in Europe, US, The Middle East, Asia, Australia...

Robert is Slovenian (born in Yugoslavia). He lives in Israel with Noa, his life partner, and their child.

www.thatfield.eu

When?

From June 22 (5 p.m.) to 27 (5 p.m.)

Where?

In France, between Lyon and Geneva,
at the Espace Rivoire

Prerequisites for participation

2 days of NVC training sessions

Group up to 25 participants

Workshop in English translated into French

5-day workshop with Kathleen Macferran

BUILDING STRONG COMMUNITIES AS THE BACKBONE OF SOCIAL CHANGE

During this gathering, our focus will be on actively strengthening the communities we belong to (families, neighborhoods, schools, organizations, workplaces, prisons, spiritual communities...) with the intention to attend to the well-being of all. We will explore what kind of world we want to live in and what systems support that world.

Together, we will explore:

- What is our vision of how we want to live?
- How do we create communities and organizations that thrive?
- How do we recognize and support what is already working in our communities?
- What is missing in our communities or what qualities do we want to strengthen to bring about more health, peace and collaboration?
- How do we make our prisons houses of healing?

This workshop will be interactive, with every voice contributing to the collective learning as well as time for individual reflection and integration. The facilitation will support both structured inquiry as well as what is emerging from moment to moment.

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.



THE FACILITATOR



Kathleen Macferran has been working as a certified facilitator 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 September 14 (5 p.m.) to 19 (5 p.m.)

Where?

In France, between Lyon and Geneva,
at the Espace Rivoire

Prerequisites for participation

2 days of NVC training sessions

Group up to 40 participants

Workshop in English translated into French

PRICES

We would like to offer everyone the possibility to contribute to the costs of the workshops according to their financial means (income, savings, assets...). Therefore we propose three different training rates and several options for accommodation and meals.

Training fees

CONTRIBUTOR rate	> €650
STANDARD rate	€650
REDUCED rate	between €350 and €600

The **CONTRIBUTOR RATE** is an invitation for everyone wishing to give more than the standard rate, as long as it is financially possible and cheerful. By choosing this rate, you will support the financial balance of the workshop and the purpose of NVC Beyond Borders. Instead of setting a specific rate for professionals (which may not reflect the financial reality for all), we also suggest the contributor rate for facilitators, therapists, coaches... and anyone whose professional lives may be enriched by the workshop.

In case the **STANDARD RATE** is higher than what you can give, we welcome you to ask for the **REDUCED RATE**. A single rate might not match everyone's financial means and hence lead some to exclude themselves by not daring to ask for a rate suiting their financial situation. **We are deeply yearning to live in a world that fully values and includes difference and diversity.** We do believe that everyone of us can contribute to making life meaningful and fulfilling. We are also convinced that being with people from different socio-economic backgrounds in the same group contributes to the richness of our relational experience. That is why we are committed to making NVC accessible to anyone regardless of their financial resources by offering a reduced rate in a sliding scale. It is essential, however, that this rate is not seen as a convenient rate. Based on trust, it is meant to support those who would not be able to access the workshops otherwise. If you choose this rate upon registration, we kindly ask you to share with us the reasons for your choice in order to honor this mutual trust.

Each workshop requires a budget of several thousands of euros (to honor the work of the facilitator(s), interpreter(s), organizer(s); to cover the costs of travel, accommodation and food for the team; to pay for the venue...). We do not (yet) know how to organize such events without using money. **We hope that everyone will consciously and wholeheartedly get involved in this process of financial co-responsibility.** Workshops exist *for* all of us and also *thanks to* all of us.

WORKSHOP WITH KATHLEEN MACFERRAN ON GIFT ECONOMY

We are pleased to offer the workshop with Kathleen Macferran on gift economy. This practice is a way of looking at the financing of an event in a different way, by inviting everyone to freely choose the amount of their financial contribution. Gift economy is an invitation to question ourselves on our way of contributing to the world, our value systems, our relationship to money... It is, in our opinion, a powerful engine of individual and collective emancipation.

Concretely, at the end of the workshop, we will invite you to give an amount of money that you will estimate according to your financial means, what you will have lived through, the support you wish to bring to the team... For those wishing to have some benchmarks to guide their choice, we will indicate you the fixed costs of organization as well as the amount that the team would like to receive to allow everyone to continue to invest in similar 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

For each workshop, we will propose a mutual support system between participants, that is co-created by the group on the spot. Its main steps are:

- If receiving money might support you to pay for transportation, accommodation and meals, or to finance any other specific project... we will create a space for you to make a request.
- 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 a 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 workshops in the year.

The venue

THE ESPACE RIVOIRE

Located between Lyon and Geneva, in the heart of the Rhône-Alpes region, the Espace Rivoire offers a **natural environment conducive to learning and rejuvenation**, while being easily accessible by public transport. The Nurieux and Brion-Montréal train stations are located less than 20 minutes from the site, from where shuttles are organized.



The Espace Rivoire offers a variety of **ACCOMMODATION** options: single to quadruple rooms, with a private or shared bathroom; tepee, yurt or tent with collective sanitary facilities. This diversity allows everyone to choose according to their budget and the degree of friendliness or intimacy they want.



For **MEALS**, different options adapted to everyone's appetite and/or budget are available: full board, half-board, only lunch or dinner.

It is not possible to prepare meals independently. A refrigerator and a microwave are available for people who do not wish to take full board though, paying a contribution of €2 per day.

The cuisine is vegetarian, gluten-free and lactose-free, prepared with organically grown food. People with food allergies can, on request, benefit from adapted meals, paying a supplement of between €3 and €5 per meal (depending on the specificity of the diet).

www.espacerivoire.fr

Accommodation and meals rates

The Espace Rivoire

Rates per day and per person in euros

		1 night + breakfast + lunch + dinner	1 night + lunch + dinner	1 night + breakfast + lunch OR dinner	1 night + lunch OR dinner
Private bathroom	Single room	89	79	76	71
	Double room	72	64	59	54
	Triple room	65	57	52	47
Shared bathroom	Single room	86	78	73	68
	Double room	69	61	56	51
	3 to 4 person shared room	62	54	49	44
Collective sanitary facilities	1 person wooden tepee (heated)	86	78	73	68
	2 person wooden tepee (heated)	69	61	56	51
	3 to 4 person wooden tepee (heated)	62	54	49	44
	1 person comfortable yurt (heated)	83	75	70	65
	2 person comfortable yurt (heated)	66	58	53	48
	3 to 5 person comfortable yurt (heated)	59	51	46	41
	Nature tepee (May to September)	53	45	40	35
Camping-car or personal tent	50	42	37	32	

For those who wish to **reduce the cost of the accommodation and meals**, the Espace Rivoire team offers, up to 3 people, the possibility of contributing one hour a day to collective tasks (cooking, cleaning, small works...) in exchange for a reduction of €10 per hour worked.

REGISTRATIONS

2021 June 22 - 27

Embodying the Spirit of Connection

with Robert Maoz Kržišnik

[REGISTER here](#)

2021 September 14 - 19

Building Strong Communities

with Kathleen Macferran

[REGISTER here](#)

For any questions,
contact us at:
nvcbeyondborders@posteo.org