

NVC European Intensive Course

**with optional
one-year follow-up self-empowering programme**

**3rd - 12th August 2012
Montolieu, France**



TRAINERS:

Frank Gaschler, Irmtraud Kauschat, Klaus Karstädt, Robert Krzisznik,
Louise Romain and Godfrey Spencer

EXCITED?!

We certainly are excited to offer this intensive experience to live NVC together as a way to contribute to a peaceful way of living on Earth. We are seven trainers (certified with CNVC) who are passionate about exploring together with you how to grow as a community which will extend well beyond the 10 days spent together. (So now you know why we've added an "optional" one-year follow-up programme!) And we're thrilled at the idea of co-creating a safe container where everybody can tap into the energy and so transfer it more quickly and profoundly into daily life.

If you have a high level of motivation and a desire to integrate the living energy of NVC into all aspects of life, this is the course for you!

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WHAT TO EXPECT:

Just as each participant comes with unique gifts and talent, each trainer comes with unique gifts and talent. We are thrilled to co-create this unique bringing together of a growing European community of collaborative NVC practitioners which is the energy driving this course.

Each trainer brings their special focus to share with you.

This course is about living in a needs-based consciousness in all facets of life – in relationship to self and others, at home and at work, in relationship to exchanging resources (like work, money, time...)

We want to support this transition from an ingrained domination paradigm which is incongruent with a world where everybody's need are taken into account.

We are eager to share with you ways beyond scarcity in which life gives itself abundantly. To do this, we need to look very specifically at the subliminal messages and core belief structures that, without our conscious compliance, dictate our behaviours and attitudes.

In addition to our ongoing focus on NVC skills, we like to expand the lens of awareness to include all the areas of a consciousness that is anchored in the flow of life and its infinite possibilities. Our ideas include putting a strong specific focus on resources. Contributing to a shift in our European network in this area would deeply meet our needs for contribution and integrity.

It is our ambition that by coming together, the “we” in the group creates a spiral where the whole is greater than the sum of its parts. In this sense, we look to create a group in which we each grow on all planes of life: spiritual, mental, emotional and physical.

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WHO'S INVOLVED:

With no more than ten people per trainer, the programme structure is intensive, with some participants who have NVC skills and awareness well beyond the early levels, whilst others are starting their NVC journey.

The course is designed to promote the integration and sustainability of work throughout the following year and in addition to the nine-day retreat in August, there is an option for small groups who stay in active contact at least once weekly with each other and for mentoring from one of the trainers every month. Some of our programme objectives are to:

- Explore and identify personal core beliefs and create new cognitive structures that emanate directly from our living needs;
- Reduce the level of pain carried in our systems so that we are able to generate lives of satisfaction and empowerment;
- Honour power-with leadership paradigms using Open Space Technology;
- Shift from scarcity thinking which is an inherent part of the domination system, to the consciousness of abundance;
- Study the laws of money and practices that flow from a perspective of abundance;
- Move from chronic struggle and “busy-ness” to a sense of flow and ease in our lives.

WHAT'S INCLUDED?

- Ten-day retreat with nine days of training in the breathtaking beauty of France's Languedoc-Roussillon in August 2012;
- Small groups are encouraged to communicate and interact weekly or more throughout the following year;
- A buddy system for support in implementing strategies;
- An optional year-long follow-up programme.

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NVC is about acknowledging needs, not necessarily having them fulfilled or satisfied. Once we are in contact with the living energy of the need, we can experience it as nurturing and beautiful in its own right. When we shift into a transformed consciousness, we live from the energy that allows us to touch and taste our dreams and our vision; it is from this vision that we invite you to join us in the **NVC European Intensive Course**.

The **NVC European Intensive Course** will be held in Montolieu, 20 km from Carcassonne, France.

Schedule:

- Friday 3rd August : Arrivals from 15:00 onwards, ready to share an evening meal starting at 18:30 (which is included in the price) and first session until 21:00 with introductions, requests and planning the week.
- 4th to 11th August : See daily schedule
- 12th August : Morning sessions, lunch, departures after lunch.

The days are full of NVC activities, with individual choices for your level of engagement according to your own learning needs. Our experience is that the following daily schedule supports groups' needs:

09:30 - 10:15	Session One (community time and logistics)
10:15 - 10:30	Break
10:30 - 12:30	Session Two
12:30 - 14:00	Lunch (included in price)
14:00 - 16:00	Session Three
16:00 - 16:15	Break
16:15 - 17:30	Session Four (community time and logistics)
17:30 onwards	Free time*

*Empathy groups, walks, swimming pool, space to offer sessions and/or participating in trainers' end-of-day meetings in "fishbowl" format.

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FEES:

Prices and payment in Euros only.

Early bird	Early bird saving	Standard
1125 €	360 €	1485 €
payment in full by 1st March 2012		after 1st March

The fee includes the intensive course, evening meal on the first evening and lunches during the retreat. The fee does NOT include travel, breakfast, evening meals other than the first evening, and accommodation (which varies in price according to comfort required and which is settled directly with the accommodation provider - see page on accommodation choices).

There is an optional year-long follow-up programme: 300 €

This additional fee allows you to join ten 2-hour monthly telephone mentoring consultations with a trainer, to support and encourage management of learning, maximise potential, develop skills and improve performance.

We are happy to be able to offer individual payment schedules as well as a limited number of "working" prices for those who are willing to work the equivalent of two hours a day, offered on a first come first served basis (929 € per person, which represents a saving of 556 €).

Accommodation choices:

Accommodation is NOT included in the course fee. There is plenty of accommodation in the village which offers a variety of comfort and prices: Several "chambre d'hôte" (B&B) in the village within a 5-minute walk from the venue:

Anges au plafond : lesangesauplafond.com

Chez Cathy shared rooms at Maison Rive: www.montolieu.net/maisonrives

Camping and comfortable mobiles homes : www.camping-de-montolieu.com

You can also check and book using the Tourist Office in Montolieu:

+33 4 68 24 80 80 or www.tourisme-cabardes.fr

For evening meals, you have the choice of self-catering or four restaurants with a variety of prices in the village.

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PEACE FACTORY, MONTOLIEU



As you can see from the photo, home to the Peace Factory is an unusual 1950's factory nestling in the green vegetation of the French "Midi". The vision held by the Peace factory is a world where **personal, social and global well-being is at the heart of peaceful living**, and having held other NVC courses here, we're confident that it's an ideal site to hold this retreat. Even in the intense heat of August of the Languedoc-Roussillon, there are always cool places in the building and by the river!

TRAVEL:

20 km from the host site is "Carcassonne Salvaza Airport", with direct flights with Ryan Air from London Stansted, Dublin, Shannon, Belgium (Charleroi), Cork, Edinburgh, Leeds and Liverpool (www.ryanair.com)

Toulouse International Airport is about 80 km from Montolieu, in which case you'll need to allow an extra hour and a half for transfer and train journey to Carcassonne station. (EasyJet, SAS, Lufthansa etd...)

By train: There is a train station at Carcassonne ([SNCF French train network](#)).

ENQUIRIES and REGISTRATION:

For more information about course content, please contact Louise Romain at louise.romain@wanadoo.fr

Significant costs are incurred to process each application so please don't register until where you're sure of your availability to participate in the course. Places are confirmed on a first-come-first-served basis once a 250 € deposit is paid.

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If you are interested in applying, please complete the application form by copying this address into your browser:

[*online application form \(no money involved!\)*](#)

Applying does not mean automatic acceptance, so please do not book travel or accommodation until you have received confirmation of enrolment which is confirmed when you pay your deposit. If the programme is full, you will be informed and added to a waiting list.

You will be notified of your acceptance within one week of receipt of your application and then be asked to secure your place with a deposit.

BOOKING, REFUNDING AND CANCELLATION POLICY

Please note the following conditions apply to cancelling the course:

If the course is cancelled, you will receive a full refund of any money paid.

If you cancel your booking:

Before 30th June 2012:

- A deposit of 50 € will be charged to cover the processing fee.

From 1st July 2012:

- Your fees will be refunded minus the 50 € processing fee if your place on the course is filled by someone on the waiting list.
- As no refund will be given if your place on the course is not filled by someone on the waiting list, you may wish to consider buying an insurance policy to cover the risk of illness.
- In the event of you cancelling, you can offer your place to someone else (makes a wonderful present!)

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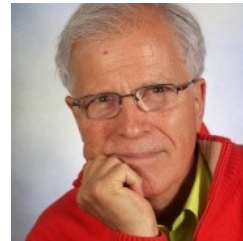
TRAINERS:



Irmtraud is a trainer, medical doctor and private consultant. Irmtraud has given NVC training in many cities and countries, including more recently Kenya. She integrates NVC in her daily work with patients and offers long term courses in NVC based mediation and coaching as well as in social change. Irmtraud also has expertise in healing early childhood and preverbal/precognitive trauma which often triggers reactions, which then prevent us from staying grounded in the living energy of connection and compassion.

She is a founding member and chairperson of her local circle in Darmstadt as well as of the German speaking network: D-A-CH and served as a member of GCC (NVC Global Community Circle) and coordinator of the EAC (English speaking NVC European. African Circle). You can reach Irmtraud at irmtraudkauschat@yahoo.de. Please also see the website: [Gewaltfrei Darmstadt \(DE\)](#)

Godfrey has developed a passion for self-empathy as a springboard to empathy for others and the development of quality relationships in the service of increased productivity. He started his career as a linguist and laboured under the illusion that communication was all about sequences of semantic fields. A ten-year stint manning the IBM Europe



International Effective Communication programme tended to confirm this! He later did two NLP masters, one in the US and the other in France. Still hungry for something more, he was advised by one of his university students to meet Marshall Rosenberg. The meeting changed his life. For the first time, he experienced the power of compassion, both for himself and for others.

He trains, mediates and coaches in English and French, basing his whole approach on NVC. His clients range from couples to individual professionals, from major international institutions, such as the European Commission, to large banks, from local corporations to government institutions. His website is at [Girasol](#)

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Robert has been working as a trainer, team coach, mediator and group process facilitator for over twenty years, in a wide spectrum of environments: corporate, educational, NGO's, inter-ethnic conflict zones, personal growth retreats. His background is in psychology and psychotherapy; for 12 years, he had his own psychotherapeutic practice.

Nonviolent Communication has been one of the most important influences in his life and work (together with Soto Zen, Bohmian dialogue, Art of Hosting...), and all of his work is infused with its spirit, from corporate leadership trainings to inter-ethnic mediation. With regard to NVC, his main passions are interpersonal and intergroup mediation, parenting, inner transformation and spirituality. Robert lives with his wife Marjeta and their three teenagers in a patchwork family in Ljubljana, Slovenia. His website: Humus

Klaus is a freelance trainer in adult education since 1988, and even before his encounter with Nonviolent Communication in 1996, he led train the trainer courses and seminars on communication and conflict management in organizations. Since 2000 he has worked together with Marshall Rosenberg as a certified trainer in ten CNVC International Intensive Trainings (IITs) and served for three years as a board member of CNVC. In addition to the spread of Nonviolent Communication in companies, schools, hospitals and other social institutions, his passion is in the area of training trainers and coaches. He likes also playful ways of learning and has developed tools and a NVC-board game to bring fun to the learning process. He has offered trainings in many different countries in Europe, the USA and India and participants like his clarity and his ability to combine structure and heart. Klaus lives with his wife Friederike near Munich. His website is at: www.k-training.de



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Louise is a personal, professional, and organisational development trainer and consultant. She established her own business in her early 20's, working as a consultant within client business organisations. Since 2007 she has led courses in a variety of self-development areas. She is currently an active member of NVC Education in France and Europe and has served as an Assistant in many IITs with Marshall Rosenberg. She is also a founding member and leader of her local circle in Carcassonne and NVC Education South-West France. She offers courses and private sessions to individuals seeking to learn and live the consciousness NVC represents. Louise combines her understanding of business dynamics and marketing with healing and transformation work to support individuals wanting to make their dreams a reality. Louise is a qualified physiotherapist. Visit her website at [Peace Factory](#)

Frank enjoys the vitality, the unconditional love the playfulness, the honesty and the abundance associated with living NVC. He is a NVC-trainee in his daily life in his family where he can witness the growing of all the seeds his wife Gundi, his two daughters and him were spreading. Frank's passion is to share these experiences with other parents and contribute to families.



As an NVC Trainer he offers his work to parents, kindergartens and schools. Gundi and Frank developed the program Giraffentraum which introduces NVC to kindergartens and schools. This program runs now in countries all over the world. In addition he has experiences from NVC-family-Camps in Germany, Austria and the USA. His preference is in the moment to combine Nonviolent Communication with energy healing work of physical and emotional traumas. In humility and gratitude he experiences these miracles. Join him!
His website: www.freiekommunikation.de