

7th

# NVC European Intensive Course



**2nd - 11th August 2019**  
**Montolieu, France**



## TRAINERS

Frank Gaschler (DE), Irmtraud Kauschat (DE), Liv Larsson (SE), Louise Romain (FR/GB) and Godfrey Spencer (FR/GB)

We are **delighted** to offer, for a seventh year, an intensive experience to live Nonviolent Communication (NVC) together, in a community, to contribute to a peaceful way of living on Earth. We are all trainers certified with CNVC who are passionate about exploring together with you the breadth and depth of Nonviolent Communication, as well as how to grow as a community which extends well beyond the 9 days spent together.

This course is obviously about learning and practising skills but it's so much more than that.

Some people come because they are drawn by the idea of co-creating a safe container where everybody can tap into the living energy of an emerging community, and so transfer learned skills more quickly and profoundly into daily life.

Some people come for the holiday-style atmosphere in the south of France.

For decisions made with all the members of our community, we use Systemic Consensus because of its ease of use. If this is a new tool for you, it's quick to understand and we support you in participating in making satisfying decisions.

If you are motivated and have a desire to integrate the spirit of NVC into all aspects of life, this is the course for you!

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## WHAT TO EXPECT

- **Richness and diversity:** In the first five European Intensive Courses, participants arrived from fourteen countries and this tremendous inter-cultural diversity added to the richness of experience and exploration.
- **Depth and breadth:** Throughout the course, along numerous training sessions and community meetings, we explore together a needs-based consciousness in all facets of life - in relationship to self, others and life, at home and at work, in relationship to inner as well as outer resources. We want to fully explore what life is and what it can be, from the very practical realms to the deeply spiritual ones. Nothing is off-topic and everything is embraced.
- **Community of trainers:** We aim to live equality in our small community of trainers within a larger community of participants and trainers, exploring and creating together. We are aware of different talents and passions we bring into the course and this diversity proves to be a contributing element to the EIC.

## HOW

With a ratio of about 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 to stay in active contact at least once a week and to enjoy mentoring from one of the trainers every month.

Our programme includes deepening awareness of needs, integrating NVC skills, handling conflicts, basics of mediation, personal growth and spiritual aspects of NVC, deep self-empathy, transforming enemy images and the pain of unmet needs, so that we can:

- 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 models like Systemic Consensing and Open Space Technology;
- shift from scarcity thinking (an inherent part of a domination system) to the consciousness of plenty;
- study the laws of money and practices that flow from a perspective of abundance;

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- move from chronic struggle and “busy-ness” to a sense of flow and ease in our lives.

## WHAT’S INCLUDED

- A nine-day retreat with eight and a half days’ training in the breath-taking beauty of France's Languedoc-Roussillon;
- Small groups which are encouraged to communicate and interact weekly throughout the following year;
- A buddy system for support in implementing strategies.

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

A note about language for this event: **English** is used as our shared common language during community sessions and there is translation English/French/English for all community meetings (sessions one and four).

Two workshops a day are also translated from English into French: one every morning, one every afternoon (sessions two and three).

Occasionally a workshop might be offered in French with English translation but only one per session.

No other translation is envisaged by the organisers although our experience is that many bilingual people are happy to jump in when necessary.

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## Schedule

- Friday, 2nd August : Registration is from 17:00 onwards, ready to share an aperitif at 18:00 followed by an evening meal starting at 18:30 (and included in the price) with the first community meeting lasting until 21:00 with introductions, requests and planning the week.
- 3rd to 10th August :  
4th to 7th August : See daily schedule  
7th August : from 09:30 until lunch.  
After lunch is reserved for integration and relaxing. Often some people organise a trip to Carcassonne in the afternoon.  
10th to 11th August : See daily schedule
- Sunday 11th 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 group's needs:

09:30 - 10:25 Session One (community time and logistics)

10:25 - 10:45 Break (20 minutes)

10:45 - 12:45 Session Two - choice of workshops

12:45 - 14:15 Vegetarian lunch (included in price)

14:15 - 16:15 Session Three - choice of workshops

16:15 - 16:40 Break (25 minutes)

16:40 - 18:00 Session Four (home groups, community time and logistics)

18:00 onwards Free time (walks, pool, bikes, space for you to offer evening sessions, a trainer might also offer an evening session especially if they are requested,...)

## TUITION FEE

*Price with payment in Euros only*

<b>Standard price</b>	<b>Worker price</b>	<b>Couple price</b>
€1485 per person	€1185 per person (discount of €300)	€2670 for both people (discount of €300)

The fee includes the intensive course and evening meal on the first evening, lunches during the retreat and full documentation.

We are happy to be able to offer individual payment schedules as well as "working" prices for those who are willing to work the equivalent of two hours

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a day, offered on a first-come-first-served basis (€1185 per person, a saving of €300). There is also a couple price with one payment, one invoice, which saves €300 for the couple.

If you pay full price and would like to contribute to the community by being part of the working group, please let us know when you fill in the application form.

The fee does NOT include travel, breakfast, evening meals, other than the first evening, or accommodation (which varies in price according to comfort required and which is settled directly with the accommodation provider - see accommodation choices below).

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.

## **Accommodation choices**

Accommodation is NOT included in the tuition fee.

Please book directly with your chosen host.

On registration, you will be invited to join a closed Google group so that you can find other participants interested in sharing a room or cottage (and journeys too!)

Please be mindful that this is the high season for tourism so it is essential to book early. There is plenty of accommodation in the village which offers a variety of amenities and prices; you can also check and book through the Tourist Office in Montolieu:

+33 4 68 24 80 80 or [www.tourisme-cabardes.fr](http://www.tourisme-cabardes.fr)

There are several “chambres d’hôte” (B&B) in the village, a 5-to-10-minute walk to the venue.

For evening meals, you have the choice of self-catering and five 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 1950s 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.

[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, etc...)

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

### ENQUIRIES and REGISTRATION

For more information about course content, please contact individual trainers.

For general questions, Louise Romain at [louise@peacefactory.fr](mailto:louise@peacefactory.fr)

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

If you are interested in applying, please complete the application form [application form](#)

(if the link doesn't work for you, please copy this address into your browser:

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<https://goo.gl/forms/EM3uzh86aEkzwcA2>

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 have paid. If the programme is full, you will be informed and added to a waiting list.

You will be sent an automatic reply notifying you on how to secure your place with full payment.

## **BOOKING, REFUNDING AND CANCELLATION POLICY**

Please note that if the course is cancelled, you will receive a full refund of any money paid.

If you cancel your booking:

before 31st May 2019:

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

from 1st June 2019:

- 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 taking out 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!)

If you start the course and decide not to continue, there is no refund.

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## Languages:

We anticipate that you have a basic command of English or French.

**English** is used as our shared common language.

Each day, there is translation English/French/English for both community meetings (Sessions 1 and 4) plus four workshops: two every morning, two every afternoon (Sessions 2 and 3).

No other translation is envisaged by the organisers.

If it supports you to know how many other participants are coming from your language area, please get in touch with us.

Wir empfehlen, dass Sie einige Grundkenntnisse in englisch oder französisch haben. **Englisch** ist die gemeinsame Seminarsprache.

Es werden Übersetzungen englisch/französisch/englisch angeboten während der täglichen Anfangs- und Abschlussessions und während zweier Morgen- und Nachmittagsworkshops. Weitere Übersetzungen werden von den OrganisatorInnen nicht angeboten.

Wenn es Sie unterstützt, zu erfahren, wie viele Menschen mit Ihrer Muttersprache angemeldet sind, bitte kontaktieren Sie uns unter: [info@freiekommunikation.de](mailto:info@freiekommunikation.de)

Nous prévoyons que vous aurez de bonnes notions d'anglais ou de français.

Pour les deux réunions communautaires et pour les deux autres sessions, deux le matin et deux l'après-midi, il y aura interprétation en français. Les organisateurs ne proposeront pas de traduction dans d'autres langues.

Predvidevamo, da obvladate osnove angleškega ali francoskega jezika.

Angleščina se uporablja kot skupni jezik. Vsak dan je na razpolago angleško-francoski-angleško prevod na obeh srečanjih celotne skupnosti ter na štirih delavnicah dnevno: na dveh dopoldan in dveh popoldan. Organizatorji ne načrtujemo drugih prevodov.

Če bi vam bilo v podporo vedeti, koliko udeležениh je iz vašega jezikovnega področja, nas prosim kontaktirajte: [info@freiekommunikation.de](mailto:info@freiekommunikation.de)

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## FREQUENTLY ASKED QUESTIONS

### ***What is a “working” price?***

In exchange for twenty hours of work during the course, which is roughly two hours a day, we offer you a payment of €300 which is deducted from our invoice.

### ***How do I find someone to share a room with to keep accommodation prices low?***

Via the closed Google group to which you will be invited when you enrol.

### ***Can I bring my children?***

Not if they are under 18 years old because the event and the site are not designed to have children around.

### ***Can I bring my partner?***

Of course! If attending, you get a discount of €300 on your fees. If not attending the course, a partner is expected to be autonomous for meals and might enjoy touring the local surroundings whilst you're doing the course. They will probably need a car to get the most out of their time if using Montolieu as a base.

### ***How do I get from Carcassonne to Montolieu?***

Being part of a closed group allows you to coordinate with other participants to organise taxi-sharing (about €8 each for the 25 minute journey - €35 between four people).

### ***Why do some people attend the course each year?***

Even the more experienced participants don't find it repetitive. The course is continually evolving, so it's somewhat different from year to year. Additionally people report that the material is so rich that they hear something different even if a topic is the same! Most important, peer learning is an integral part of our course. Having applied the material in their lives for a year or more, they enrich and broaden the programme for everybody. They may coach during mediation role-plays, offer empathy and support between training sessions so first-time participants get all the support they could want throughout the course.

### ***Can I offer workshops during the course?***

Yes, if a trainer is willing to be present with you, otherwise participant-led workshops are offered outside the daily schedule.

### ***I live in the area. Can I commute instead of staying in Montolieu?***

Yes. However, we really encourage you to treat the training as a retreat. The retreat aspect helps you dive in and focus on the learning. You never know when the learning is going to happen. It can and does happen throughout the regular sessions (which run from 9:30 to 18:00 on each full day of the training),

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but it often also happens spontaneously outside the class. When a group of people live closely and share meals for many days, things come up—between you and someone else, or between two other people—and you get a chance to practise your skills. These are often the richest learning moments, because they are so real, and people’s lives are affected by your choices.

Learning NVC is very much like learning a new language. And we all know that the best way to become fluent a new language is to immerse yourself in an environment where others are speaking and learning it too. This is not the kind of training where you can fill up a notebook, put it on the shelf, and call it done. You need to incorporate what you learn into your being. The training is an opportunity for you to learn in a context where you are safe to push yourself, let down your guard a little and try some new things, be present a little longer when you become uncomfortable with conflict, and grow with each incremental step you take. When you stay in Montolieu, you have as much time as possible to do all that.

## ***Is there time to visit the area during the course?***

Yes, there is one afternoon without sessions. If that’s not enough, you can either miss some of the sessions offered by trainers, but most people who want to do a bit of tourism either come a few days earlier or stay on for a few extra days at the end of the course!

If you have questions that aren’t included here, please do write to [Louise](#) so that this part of the flier gets richer!

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## PERMANENT TRAINER TEAM

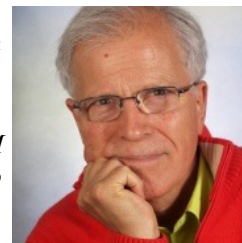
(with other certified trainers who join us for one year)



**Irmtraud** is a trainer, medical doctor and private consultant. Irmtraud has led NVC training in many cities and countries, including more recently Kenya, Iceland, Israel and Palestine and Ukraine. 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 was a board member of CNVC, 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](mailto:irmtraudkauschat@yahoo.de). Please also see the website: [Gewaltfrei Darmstadt \(DE\)](http://GewaltfreiDarmstadt(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.



**Louise** is a personal, professional, and organisational development trainer and consultant. She established her freelance business in her early 20's, working as a human resources consultant within client business organisations until becoming a mother to her two, now adult, children. Since discovering NVC in 2005, she has served as an assistant at many IITs with Marshall Rosenberg with whom she did all her training. She is a co-founding member of NVC Education Europe, and is an active member of other circles in the NVC network, including Education in France

and Africa, most recently in Congo and Rwanda. She offers courses and private sessions to individuals seeking to learn and live the needs consciousness NVC supports. Louise combines her understanding of business dynamics and marketing with healing and transformation work to support individuals wanting to make their dreams a reality.

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Louise originally trained as a physiotherapist and is also an art founder. Visit her website at [Peace Factory](#)



**Frank's** passions are children and families. His need is to affect something and contribute to their lives. His desire is that children can be children and parents are companions and also men and women stay with their own needs as men and women. His wish is that parents give their children roots and wings on their way. His contributions are trainings, counselling, mediation, coaching, books. He is a Certified Trainer for Nonviolent Communication (CNVC), and an assessor with CNVC to support trainer candidates through a certification process, systemic mediator in companies and organisations, a coach, graduate social worker (FH) ... Together with Gundi, his wife, they developed the "Giraffentraum" program to introduce NVC to kindergartens and schools. This program runs in several countries all over the world. In addition, they have worked on NVC family camps in Germany, Austria and the USA. He loves to experience NVC off the beaten track – apart the limitations of words and languages. Frank focuses on intuition, empathic presence, body language and felt feelings and loves to play and enjoy miracles. He lives with his wife Gundi, their two daughters, son in law, Gundi's mother and grandmother and their little dog near Munich / Germany. Visit his on [www.freiekommunikation.de](http://www.freiekommunikation.de)

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