

A 4-day workshop of experiential Nonviolent Communication with Jorge Rubio-Vollert

13-16 August 2011 in Stockholm, Sweden

The Swedish Association "NVC i Sverige" is excited to arrange a NVC training with Jorge Rubio-Vollert this summer.

Jorge about his workshop:

A workshop of experiential Nonviolent Communication

"Vivencia: Living Empathic Intelligence"

Our own "living empathic intelligence" is always trying to guide us to tender, mutually connected moments in which everyone's *vivencia* is received as equally valuable. A *vivencia* is a person's unique experience of the present moment.

In this workshop, experience this moment-to-moment attentiveness and how interactions can shift from antagonism and analysis to wide connection from which effective strategies naturally emerge.

- learn to focus on presence and avoid formulaic NVC language use
- deepen your capacity to identify your *vivencia* in the moment
- sharpen your ability to detect if you are ready to hear other people's *vivencia* when they express it as wrongness, blame or judgement
- develop your "felt sense" of when life calls inwardly and when it calls outwardly
- understand how niceness creates false empathic hearing moments
- empathic education: transmitting what is dear to us so that others can be even remotely interested in hearing it and address the pain when we are not received



Jorge Rubio-Vollert has 14 years of experience as an NVC trainer in Latin America, the United States and many countries in Europe. His authenticity and deep empathic presence have been experienced by participants as deeply inspiring. www.vivenciawork.com

The training will take place at Lillsved's Folkhögskola, 40 kilometers east of Stockholm city in the inner archipelago (www.lillsved.se). It will be a residential workshop and the price includes tuition, full board and accommodation in single rooms. The training will be in English and to take part we would like you to know NVC from previous trainings.

To make this training open for as many as possible there are two alternatives for participation.

Alternative 1: 4 days training - 13-16 August. Starting the 13th Aug at 10:30 am, ending the 16th Aug at 16:00 pm. Price SEK 6.200:-

Alternative 2: 2 days training - 13-14 August. Starting the 13th Aug at 10:30 am, ending the 14th Aug at 18:00 pm. Price SEK 4.200:- .

Registration and more info, send mail to: info@fnvc.se . When registering let us know if you would like to attend 4 or 2 days. Last day to sign up is the 11th of July. Further information about payment and instructions for transports (there is a public bus taking you from Stockholm center to the workshop in 50 minutes) will be sent by mail.

