

New Program Offering:
6 Month Peer Leadership and Mentoring Program (PLP)
23 Aug 2021 – End March 2022

Have you wanted to really live NVC - with care, authenticity, and power - in your life as well as in all your relationships?

Do you want more clarity around the skills and how to apply the different paradigms of NVC?

Have you considered sharing this work with others, formally or informally, and would like mentorship, acceleration, and confidence in developing your skills?

Would you like the simple self-awareness and authenticity that NVC brings in all your relationships?

Would you like to step into your authentic leadership in your workplace or profession, to encourage the care, safety and trust that NVC brings?

If so, then I am proud and delighted to announce the commencement of the 6 month Peer Leadership and Mentoring Program in Australia.

What Is the 6 Month Peer Leadership and Mentoring Program?

This is a small group of committed people, stepping even more fully into their personal leadership, and being intimately mentored by me – Shari Elle – over this 6 months.

It is called the “Peer Leadership Program” because in addition to having me to work with you, each member is also taking responsibility for their own learning and needs whilst also co-creating the learning environment for the group. We each bring *all* of who we are, and all of our experience, to this group and share the skills we have in creating a rich environment of leader-full learning.

This program exceeds every hope I had. Participants are creating futures they thought were pipedreams. Others are finding the skills to speak up and change the trajectories of their workplaces. Others are trusting themselves in their personal relationships again. Others are repairing relationships which had strained.

And all of them are finding their own authentic voice and directions forward, with a confidence in who they are and what they have to bring.

This is a small group where we all get to know each other intimately. There is maximum of 20 people accepted into this program.

I look forward to the adventure of journeying with you in this Peer Leadership and Mentoring Program.



6 Month Peer Leadership Program (PLP) 23 Aug 2021 – End March 2022

Aims of Program:

- To develop the skills and awareness of the next generation of NVC leaders to exceptional levels
- To integrate the intentions and practice of NVC into the daily life of participants
- To enhance the skills of participants to teach NVC and offer one on one NVC coaching sessions, and to support friends and family when required.
- To evolve a community of leaders creating the change they want to see in the world – from mutual support.
- To vastly accelerate the speed and depth of integration of NVC awareness and reduce the time toward certification (if that is what you intend).

Outline of Program:

The Program is specifically designed to nurture, accelerate and deepen the integration of NVC principles and practices into participant's lives. It runs over a six month period and it's transformational power is achieved through our group intention, mentoring, and the focused integration of this practice over this time.

The program consists of the following:

- **Weekend Trainings** - 3 x 2 day weekend peer leadership trainings, online, with the full group, led by certified trainer Shari Elle. We will cover the understanding and practical application of NVC at a deeper level than is normally shared during a regular NVC training (including Embodying NVC). It also provides the space to practically "live NVC" with each other. Group members may lead segments of training.
- **Fortnightly Live Trainings** – Fortnightly 2 hour zoom calls, learning and practicing the NVC skills and principles and sharing our individual learning. This call is led by a certified trainer (usually Shari). These calls are recorded.
- **Mentoring by Shari** – Shari will be working closely with each person over the 6 months and offering personalized guided feedback every step of the way.
- **One on one access to Shari** – You will have direct access to Shari by text or email, with questions, celebrations, or anything else you need.
- **Pods** – You will be in a Pod of 3-5 people through the duration of the program and these pods will meet monthly with Shari for two hours. It is a time for questions, tracking how each member is going against their objectives, and to ask for any support you may need.
- **Empathy and Support Buddy (optional)** – Your pod will provide the support of empathy buddies if you would like this. You can practice the exercises, exchange empathy, and get honest feedback. This accelerates learning through increased practice and feedback.

6 Month Peer Leadership Program (PLP) 23 Aug 2021 – End March 2022

- **Peer support group** – We are all actively supportive of each person growing and developing in the group. We are there in service of each other – each standing in our Leadership as we do so. This happens across a number of channels.
- **Private Online Group** – There is a private online forum just for our group, where you can share weekly celebrations and learnings, and ask live questions. You can also reach out for immediate support from the group.
- **Recordings of all Training Sessions** for ongoing private reference.

Optional:

- **Optional One-on-One Coaching sessions** – Shari will be accessible by email, text and phone. Additional Coaching with Shari can be purchased separately if required.

About Shari Elle:

Shari has been sharing NVC since 2001 and is one of the co-founders of NVC in Australia. She is Internationally Certified as a CNVC trainer with the Center of Nonviolent Communication since 2004.

She has studied extensively with Dr. Marshall Rosenberg, and teaches and mentors upcoming NVC trainers.

Shari works in Australia and Internationally sharing NVC. She thrives on creating human connection and understanding within families, workplaces, and communities, as well as mentoring the next generation of leaders with this awareness of what supports Human Connection.



Shari was an original co-founder of the 8 month program *Embodying NVC Consciousness Training* which successfully ran for over 9 years, and trained over 200 people through the 8 month program. Numerous NVC Certified Trainers have come through this program. It's closure in Oct 2019 created the space for this Peer Leadership Program to take flight!

Requests of Participants joining the Peer Leadership Program:

- To have an intention to embody this consciousness over the 6 months, applying self connection, honesty, and empathy, both during and outside the sessions.
- To support each other in our collective learning of NVC.
- To complete the 6 month program together.
- To commit to attend every scheduled training and coaching session except under extreme situations (this is part of holding the importance of intention and commitment.)
- To implement any self-determined homeplay exercises between coaching sessions

6 Month Peer Leadership Program (PLP) 23 Aug 2021 – End March 2022

- To participate in the online support group to contribute to group learning (5-10 mins a week).
- As the basics of NVC are assumed I request that a minimum of 2 days NVC training with a certified trainer be completed prior to program commencement. Please discuss any concerns/queries about this with Shari.

Time Commitment Required for Program:

The aim of this program is for it to be incorporated into the participant's regular lives and therefore does not require large amounts of time commitment outside of the specified training. It does however require a six month focus of incorporating NVC in this way, as well as this program being a priority in your life. This daily embodiment with support is where the shifts happen.

The envisaged time required to complete this program over 6 months is

- 3 weekends of training on zoom.
- Average of twice monthly 2 hour zoom training sessions
- Pod Group call with Shari once a month for 2 hours.
- Living your normal life to do homeplay (unless you chose some other homeplay)
- Regular reflection and update posting in the Signal Group when there is an aliveness to take part (this can be as brief or detailed as you like). Maybe 5-10 minutes per month.
- Empathy Buddy exchange (optional) – 1 hour per week or fortnight.

PLP Program and Certification:

Accreditation for NVC certification is coordinated by CNVC and is independent of this training. Refer to Certification Pack on CNVC website www.cnvc.org.

However, all work done in the PLP with Shari contributes to the number of days and hours which you are accruing toward your 50 days. We are also covering much of the content you will require for certification. The skills you learn, both in NVC skills and how to share NVC are directly applicable to certification.

In addition, if you are intending or considering becoming certified, I suggest you use this 6 month period to compile your NVC jackal and giraffe and personal insights journal that is required for certification.

We will also video you sharing aspects of teaching NVC which is also required as part of your accreditation.

6 Month Peer Leadership Program (PLP) 23 Aug 2021 – End March 2022

Zoom Fortnightly Training Format:

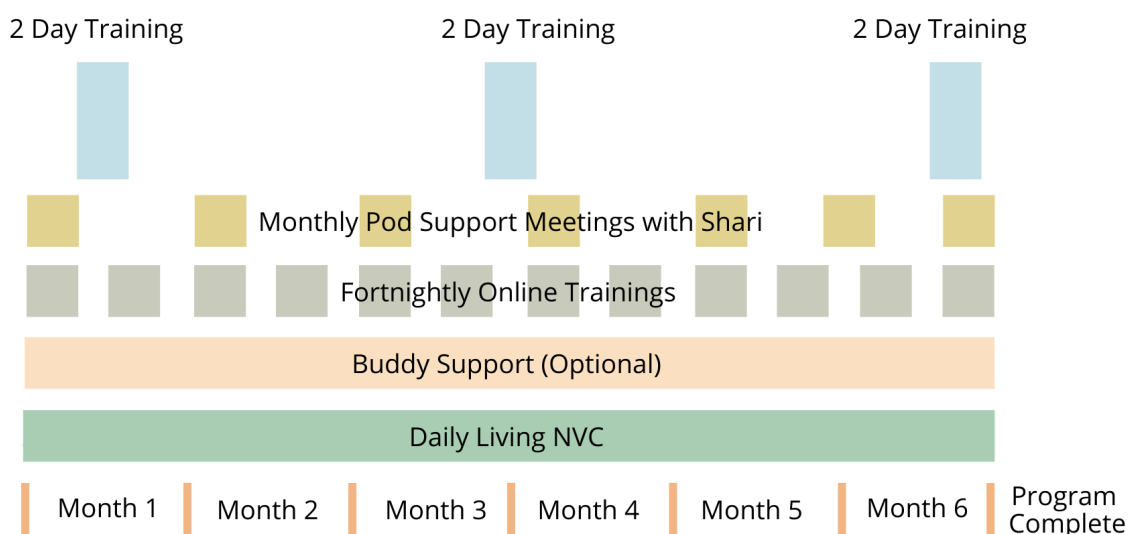
The Peer Leadership Zoom Training Sessions are for a total of 2 hours twice monthly, on Monday evenings, between 7.00 pm and 9.00 pm NSW time (although this may be varied by group agreement). Dates are listed in Appendix 1.

- The format for these calls is:
 - Members are asked to join the line 5-10 minutes prior to the starting time. This time is for you to settle into the call, and connect, ready for the call.
 - Brief check in
 - Learning of a key principal / practice of NVC,
 - Breakout group to practice the exercise and get feedback with partner/group, usually applying it into your everyday life.
 - Share Questions and Learnings/Ah-ha's.
 - Closing circle
- To connect with the zoom call, you simply need a good internet connection and computer/ipad. Zoom allows for breakout groups so we will have small group practice.

Practice Buddy (optional but recommended):

- If you would like a practice buddy, this will also be available. Every week or fortnight you can get together (by zoom or in person) with a buddy and practice the skills learnt in the previous session or exchange empathy. You will also have the opportunity for feedback (in NVC format – you will learn this in an early session) to support you both to improve your skills.

Diagram of Components of 6 Month PLP:



6 Month Peer Leadership Program (PLP) 23 Aug 2021 – End March 2022

Commencement Dates:

- Program commences on the evening of Monday 23rd August 2021 (via zoom) and concludes end March 2022.
- The first weekend will be 13 and 14th February 2021.
- Refer to Appendix A for all dates.

Limited Numbers in Program:

As Shari can only closely mentor a small group of people, participants in the PLP program will be limited to a maximum of 20.

Investment in Program:

As there are only a maximum of 20 places available in this program, a total deposit of \$995 is due one month prior to the commencement of the program to secure your place. Other arrangements can be made with mutual consent.

Payment Options:

- **Pay in Full: Total \$5500 including GST.**
\$450 non-refundable deposit on application to secure your place. The remainder of \$5050 is due 1 week prior to the commencement of the program.
- **Monthly Payments: Total \$6000 including GST.**
\$450 non-refundable deposit on application to secure your place. Then 6 Monthly payments of \$925 to be paid via automated payments on 15th August, then 5 more monthly payments on the 15th of each month.
- **By other agreed method.**
I would like this program to be financially accessible for everyone. Please contact me if you would like to explore other payment options.

Please note, as there is only a maximum of 20 people in this program, once you have committed to join this program, there are no cancellations. If you leave the program, all monthly payments remain due and future monthly payments remain payable.

Next Step:

If this program sounds interesting for you, then send me an email to shari@communicationgroup.com.au sharing what it is that you are inspired/interested by and we will arrange a time to have a 15 minute conversation and see if it is for you.

If you have any questions about the program, please contact Shari on shari@communicationgroup.com.au or call me on 0412233955.

6 Month Peer Leadership Program (PLP) 23 Aug 2021 – End March 2022

Summary:

I am so deeply inspired by the next generation of leaders with NVC skills and the influence they may have in the world – in their many and diverse fields. And by the awareness and compassion we are nurturing together on the earth. I look forward to our journeying together!

Warmly
Shari Elle
0412233955.

Appendix A:

Dates of Trainings

The PLP training dates are:

On-Line Weekend Trainings

- Sat and Sun 28th and 29th August 2021 9am to 5.30pm
- Sat and Sun 27th and 28th November 2021 9am to 5.30pm
- Sat and Sun 19th and 20th March 2022 9am to 5.30pm

On-Line Live Trainings (14 Training Sessions)

Calls are generally fortnightly on the first and third Monday of the month however there are a few exceptions. The time for each call is **7pm to 9pm**. Dates below.

All trainings will be recorded and are via zoom.

Mon 9 th	Aug 2021 (Optional Bonus Evening)
Mon 23 rd	Aug 2021 – Official Start
Mon 6 th	Sept 2021
Mon 20 th	Sept 2021
Mon 4 th	Oct 2021
Mon 18 th	Oct 2021
Mon 1 st	Nov 2021
Mon 15 th	Nov 2021
Mon 6 th	Dec 2021
Mon 20 th	Dec 2021 (Optional Practice Evening)
Mon 10 th	Jan 2022 (Optional Practice Evening)
Mon 24 th	Jan 2022
Mon 7 th	Feb 2022
Mon 21 st	Feb 2022
Mon 7 th	Mar 2022
Mon 21 st	Mar 2022
Mon 4 th	April 2022 (final night)

Appendix B:

Program Content

Program content may include some of the following (includes information from Certification Pack) and beyond:

- Self Empathy
- Listening to another empathically
- Expressing honestly
- Receiving empathy
- Making requests
- Hearing “No” – the Yes in No
- Expressing “No” – Expressing the Yes.
- Reward and Punishment
- Moving with Life Energy
- Collaboration versus competition
- “Being Giraffe” vs “doing Giraffe”
- Giraffe honesty vs Jackal honesty
- Empathy vs sympathy
- Protective vs punitive use of force
- Power with vs power over
- Appreciation vs approval, compliments or praise
- Choice vs submission or rebellion
- Observation vs observation mixed with evaluation
- Feelings vs feeling mixed with thoughts
- Need vs Request
- Request vs Demand
- Stimulus vs Cause
- Value judgment vs moralistic judgment
- Natural vs habitual
- Interdependence vs dependence or independence
- Life connected vs life alienated
- Shift vs compromise
- Persisting vs demanding
- Self discipline vs obedience
- Respect for authority vs fear of authority
- Vulnerability vs weakness
- Love as a need vs love as a feeling
- Self empathy vs acting out, repressing or wallowing in feelings
- Idiomatic vs classical (formal) giraffe
- Guessing vs knowing
- Empathic sensing and intellectual guessing.
- Three kinds of giraffe requests
- Hearing another’s anger or blame or criticism

6 Month Peer Leadership Program (PLP) 23 Aug 2021 – End March 2022

- Self empathy when stimulus is external
- Self empathy when stimulus is internal
- Mourning and learning from our regrets
- Screaming in Giraffe
- Interrupting
- Expressing gratitude
- Receiving gratitude
- Making conscious choices with awareness of needs
- Expressing an “apology” in Giraffe
- Loving all parts of myself
- Inner Educator and Inner Chooser
- Plus More...