

Communication Group Presents...

Nonviolent Communication Practice Group

**A weekly online
practice group
with Sharon
Rallings**

The next 12-part online practice group series led by Sharon Rallings is about to start.

This series can be attended in full or in part and is designed for those who have completed a foundation training in NVC.



Starting date and prices:

Full package price \$195, (valued at \$420 – Saving of \$225)
Weekly on Tuesdays at 7:00 PM to 9:00 PM AET (Sydney time)

Single classes are also available from Tues 12th July 2022, price \$35 per evening.

Register at: <https://communicationgroup.com.au/trainings/weekly-practice-group/>

Week	Date	Program
1	12/7/22	Dissolving enemy images – to liberate ourselves from being consumed by judgment, diagnosis, analysis and suffering, and increase capacity to empathize and see our common humanity.
2	19/7/22	Giving empathy - watching the magic show in wonder of the unknown, in awe of this unique expression of being. In this presence is a precious divine healing energy that works through us.
3	26/7/22	Self-empathy - take a step back, if you notice tension in your body, your voice rising in pitch or volume. If you notice a lack of compassion or judging & blaming thoughts. BREATHE! Bring your focus to this aliveness.
4	2/8/22	NVC spirituality - being connected to the life within ourselves and within others. Universal human needs are better understood as energy that wants to flow, rather than holes to be filled.
5	9/8/22	Reducing stress – stress is extremely uncomfortable, and what frequently happens is that we fight that feeling, resist it. As they say in the classics, what you resist persists. In NVC we attend to what is alive and what would serve life
6	16/8/22	Making life more wonderful – our most precious need is to contribute to and enrich life. This is connected to our meaning in life. Connect to joy and celebration, giving us a natural energy.
7	23/8/22	Healthy body image – liberating ourselves from cultural conditioning is an inside job, that also benefits from external support.
8	30/8/22	Interacting with authority – power, the capacity we have to get our needs met. How do our beliefs including judgements and biases, deny or support “power-with” relationships?
9	6/9/22	Navigating conflict - moving from “us versus them” to a path of more genuine cooperation. US! Skillfully and fluidly moving between self-empathy, empathic listening, and honesty.
10	13/9/22	Boundaries that support connection – knowing and standing for what's OK with me and what is not, is the key to self-love and compassion for all.
11	20/9/22	Being with another’s anger - do you want your happiness to depend on how the other person acts? Or do you want your happiness to come from the ability to respond to life in harmony with what you value?
12	27/9/22	Speaking street giraffe – naturalising NVC, so we can speak from the heart in a way that’s connecting, without sounding weird.