

## **Weekly Practice Group – Online and Ongoing. Tuesday Evenings 7pm to 9pm.**

The purpose of this weekly online practice group is to support you to integrate the NVC skills you have learnt at a Foundation Training, and more advanced trainings, into your life and all of your everyday relationships.

It is for people who have attended the equivalent of a 2 Day NVC Foundation Training\* or beyond, and is a weekly group with highly experienced trainers, and structured support. It is conducted on-line live, over zoom, with a specific topic each week.

There are 3 packages you can choose from:

1. A single practice group \$35
2. 3 Month unlimited pass \$195 (value \$455)
3. A 12 Month unlimited pass \$495 (value \$1820)

All amounts include GST.

Each evening is stand alone and not dependent upon you attending previous practice group evenings.

We invite you to come and experience the “single evening” to decide if you want to join the 3 monthly or yearly membership.

Access to the zoom link for this training will be forwarded to you on registration.

Note – Please join us 5 minutes before the call. We start each evening promptly at 7pm and doors will be closed at 7.03 pm. This supports focus and presence in the group. No refunds are available. Trainings are run by zoom and finish at 9pm. There are no refunds.

### Prerequisite:

As we are doing small group work in breakout rooms, we want the peace of mind that everyone has previously learnt the same base skills that are in an NVC Foundation Training. That way we have some reassurance that everyone will have access to mutual support in small group work. **We therefore request that each person in the Practice Group has attended the equivalent of a 2 Day NVC Foundation Training.** As part of joining us in the practice group, you may want to reinvigorate your basic NVC knowledge by

- Reading Marshall's book *Nonviolent Communication – A Language of Life*.
- Resitting a Foundation Training with Shari or another NVC Trainer
- Watching NVC YouTube's
- Or attending advanced NVC trainings.

If you have done a Foundation Training with Shari Elle you can do a refresher for half price. For dates and registration go to [www.communicationgroup.com.au](http://www.communicationgroup.com.au) and use the code Resit.

If you book into one of the advanced trainings you can attend join the Practice Group as our guest until the beginning of the training. Just email Shari on [shari@communicationgroup.com.au](mailto:shari@communicationgroup.com.au) to request this.

### Trainers Hosting the Practice Group:

Our main trainer hosting this regular practice group is Sharon Rallings.

Sharon has been actively involved in NVC for over 17 years and has been a core member of the Communication Group team for more than 5 years. She runs Foundation Trainings, practice groups and is a support trainer in the 6 month Peer Leadership Program. Sharon is also one of the people Shari Elle regularly turns to for personal NVC support. She lives NVC and uses it every day in her personal life and is in her final stages of becoming an NVC Certified Trainer.



Other trainers for the Practice Group include Shari Elle, and Alex Norman. We may also have guest trainers on specific topics.

### **Frequently Asked Questions:**

Q: can I join if can't really remember the training?

Yes. We trust that what you learnt will come back to you once you come to the practice group. However, to support those in your group, we request that you refresh your NVC skills by reviewing your workbook notes, reading the book "Nonviolent Communication, A Language of Life" by Dr Marshall Rosenberg, and we also suggest you resit a Foundation Training.

Q: Can I join if I'm struggling to use the principles of NVC in my everyday life?

Yes. Absolutely this is the purpose of the practice group. To support the embodiment of what you have learnt. To build capacity for everyday access to this consciousness.

Q: Do you record the sessions?

Yes. The teaching part of the session is recorded and may be available in the future to purchase as a separate compilation product. However, the recordings will not be provided to participants.

Information which is of a private nature (as distinct from general questions) will not be included in the recordings unless the person is the main demonstration for the activity (we will check with you first before recording you).

We look forward to seeing you there!!!  
Shari, Sharon and the Communication Group Team.