

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 an NVC foundation training.



Starting date and prices:

Starts 25th Oct 2022 to 31st Jan 2023

Full package price \$195, (valued at \$420 – Saving of \$225)

Weekly on Tuesdays at 7:00 PM to 9.00 PM AET (Sydney/Melbourne Time)

Single classes are also available.

Register at: <https://communicationgroup.com.au/trainings/weekly-practice-group-starts-25-oct-22/>

Program Outline:

Week	Date	Program
1	25/10/22	Moving into life from our why - Being connected to my intention is key to having the capacity to enriching life! Awareness of my yes, in this moment, supports me to be grounded in who I am and what action I'm wanting to take.
2	1/11/22	Focused in a life serving way - Be grounded in "my business", rather than in "not my business". To stay in the Power of Interdependence rather than move into a murky co-dependence where it is so easy to hear judgement and blame and get tangled up!
3	8/11/22	Jackals - Finding Self Compassion when Jackals are Howling...When I recognise thoughts that keep me small and less than who I am, I can translate it into the precious longing within each of these howling creatures. Opening the doorway to my vulnerability.
4	15/11/22	Clear observations – "Yes, I can handle you telling me what I did or didn't do, and I can handle your interpretations, but please don't mix the two" ~Marshall Rosenberg. Are my observations supporting me to be in curiosity and wonder, or are they separating me from Life?
5	22/11/22	Faux feelings – or "not real feelings" generally imply wrongness. These words say more about what I'm thinking and needing, than what I'm are feeling. Unpacking and shifting my focus to find ways to reveal what is really alive.
6	29/11/22	Beauty of needs - orientating myself around my needs, in a way that aligns, empowers and motivates me to enrich life. Connecting to the beauty of needs helps me express them as a gift.
7	6/12/22	Connecting requests - often overlooked but a critical part of creating connection and also contributing to greater understanding. When connected to one another and what deeply matters, the next step towards making life more wonderful is clearer
8	13/12/22	Empathy - is this gift I give myself, by becoming one with understanding. And the gift I give another by listening in a way that they are likely to experience being "Got".
3 Week Break		
9	10/1/23	Honest expression – contributes to creating rich relationships. Most of us were not raised to use our voice for vulnerable authenticity, or to let people know us. Instead, we learnt to: be nice, good and keep the peace or to blame or demand to get our way. These strategies come at a tragic cost to our relationships.

10	17/1/23	Celebration appreciation and gratitude - joy as a guiding principle. The cornerstone of my inner compass. How do I attune to what I love, if I do not know how to celebrate and appreciate the gifts of Life and express it?
11	24/1/23	Rules and agreements - exploring the needs behind the rules helps to bring clarity and motivate willingness. Otherwise, rules can be static and lifeless, an avenue for judgement, or a demand that can trigger rebellion or submission
12	31/1/22	Anger - The worst thing I can do is to think that I shouldn't be angry and try and be a nice person. I want to be authentic and honest about what I am experiencing in a way that doesn't perpetuate violence on the planet.

"Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray" – Rumi

Emergency Contact:

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