

*“Sharing NVC”
With Gina Lawrie & Cate Crombie
15th 16th 17th October 2010
Bella Rakha – Waitakere, Auckland*

Dear NVC family,
Kia ora koutou katoa

We are excited that you will be joining us at the “Sharing NVC” workshop in October 2010 facilitated by Gina Lawrie & Cate Crombie .

We trust that this information will meet your needs for ease & clarity. If there are further questions that you have, please contact us.

With gratitude for your attendance, & with excitement, as we imagine the richness of this time with all of you

- Deb Hipperson, Wayne Prince, Jocelyn Kennedy & Ron Ngata.

The Workshop – “Sharing NVC”

Thursday 14 th October	Dinner	6:30 pm
	Opening Circle	8:00 pm – 9:30 pm
	Supper	After opening circle
Friday 15 th , Sat 16 th , Sun 17 th	Workshop	9:00 am – 5:30 pm
	Evening Activities	to be decided
	Closing circle	5:00 pm
	Dinner	6:00 pm

The aim for this workshop is to have plenty of time for practice and feedback, with each participant working in the areas that they select.

More specific objectives are:

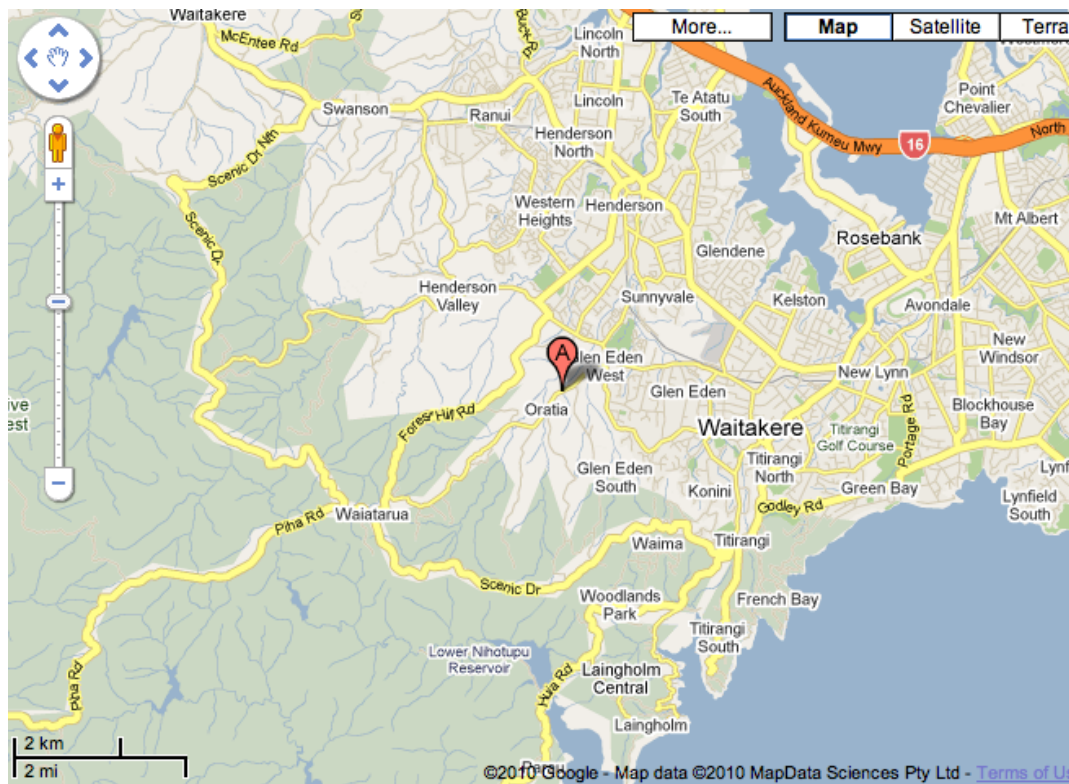
- ☉ To distinguish and practice when to give information and when to connect empathically.
- ☉ To develop the ability to handle the potential tension arising when individual and group needs seem to conflict and maintain the holding energy for the whole group.
- ☉ Identify what it is that knocks our “giraffe ears” off and how can we get them back on.
- ☉ Learn techniques for interrupting people and handling some typical questions.
- ☉ To work on designing training to meet particular needs.
- ☉ To share learning from group exercises tried and explore what makes them successful.
- ☉ To increase the fluency and accuracy of NVC practice and to better model it for others.
- ☉ To become familiar with the key differentiations and other material in the trainer certification pack.
- ☉ To discuss individual development plans and support strategies for the path toward certification.
- ☉ To further build the team of NVC supporters and trainers in Australia & New Zealand.

This is a multi-level workshop and is designed for people who have participated: in 40 hours of NVC Training & who have applied the principles of NVC for a minimum of 6 months AND people who have participated in 30 hrs of NVC Training & have applied the principles of NVC for a minimum of 3 months.

Venue:

Bella Rakha Retreat & Creative Centre
581 West Coast Road
Oratia
Auckland
NZ
Ph (09) 818 8880
<http://bellarakha.co.nz>

http://maps.google.co.nz/maps?f=q&source=s_q&hl=en&geocode=&q=581+West+Coast+Road,+Oratia,+Auckland,+New+Zealand&ll=36.913256,174.617658&ssp=0.011615,0.016716&ie=UTF8&s=AARTsJpantEEBdeLS3LNwfZeHGrF3xP3NQ&view=map&hq=&hnear=581+W+Coast+Rd,+Oratia,+Waitakere+0604&z=16



Shared Accommodation:

The rooms are twin share with a few single bedrooms.
The venue can sleep up to 40 people.
Cost: \$40 pp per night. (this includes the use of all facilities)
Day rate if not staying overnight: \$25 pp per day (includes the use of all facilities except bedrooms)

There is no camping or Marae Style Accommodation at the venue.

Bedding & Linen:

All beds will have mattress protector, light duvet, 2 blankets & pillow.
You will need to bring sheets, pillowcase & towels.
Linen & bedding is available for hire at an extra charge.

Facilities:

The dining & kitchen hall sits up to 40 people comfortably. It is in a separate space linked by a covered walkway to the main hall.

The main hall is carpeted & can sit up to 80 people.

There is a chapel/meeting room that can be used as a break out space.

Grounds:

The retreat centre is set on 32 acres of land. There are large fields & clearings, gardens, native bush & stream walks. There is also an 18 hole disc golf course - <http://bellarakha.co.nz/CreativeVenue.htm#discgolf>

Breakfast & breaks:

To reduce costs we are preparing our own breakfast & breaks. On arrival, you will be requested to join a breakfast or break team to support in the preparation, delivery & clean up of these meals.

Breakfast will be served in the main eating area between 7:30 am – 8.30 am to allow clean up time before the start of the workshop.

Lunch & Dinner

Bella Rakha takes pride in offering healthy, nutritious meals prepared with love. All meals provided for the 3 days, 4 nights will be Vegetarian.

Dinner will be offered on Thursday 14th October as well as Sunday 17th October. Please indicate on your registration form if you require dinner on those nights & also indicate your dietary requirements. These are able to be catered for (wheat free / gluten free etc).

Investment:

Residential (Thurs to Sun)

\$595 Early Bird (paid in full by 1st August 2010)

\$690 Full Price (paid after 1st August 2010 & before 1st October 2010)

Includes 4 nights accommodation, meals & workshop tuition)

Non-Residential (Thurs to Sun)

\$535 Early Bird (paid by 1st August 2010)

\$630 Full price (paid after 1st August 2010 & before 1st October 2010)

Includes meals & workshop tuition

Extra Charges (if needed)

Bed made up \$15.50 per bed

Linen Hire (make your own bed) \$5.50 per bed

Towel & Facecloth \$3.50 per bed

Climate:

The weather is changeable at this time of year. However, it does seem to be getting a bit colder in the last couple of years, so it is suggested people bring warm clothing and there may be the odd times that summer clothing is desirable.

Internet Access:

Wireless is available at the venue. There is not a landline phone available for our use during the workshop unless in emergency. There is mobile coverage.

Leisure Activities:

On site there are bush & stream walks as well as the Disc Golf Range. If you wish to leave the site during the workshop it is a 20 km drive to Auckland City. There are a variety of places to visit from the venue (not just Auckland city) – so it will be a case of “putting out” for where you want to go or what you want to do, checking out who has a car and going from there.

Travel:

Venue:

Bella Rakha is in Waitakere, Auckland, New Zealand. It is 20 km from Auckland City & 26 km from Auckland Domestic & International Airports.

There are 2 train stations – 5 minutes to the venue by car (Glen Eden & Sunnyvale). Please indicate on your registration form how you intend to travel, your approximate arrival time and if you are needing support to get to the venue.

A few extras:

To add to your comfort & fun, please bring along:

Musical instruments, a comfy cushion, home baking to share on Thursday night after our opening circle.

This is an alcohol & drug free event.

Contact for registration & any further information required:

Deb Hipperson

debseemebeautiful@hotmail.com

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027 34 10000