

The Art of Nonviolent Communication Mediation

5 Day Immersion Training (non residential)

Effective Living Centre - 26 King William rd, Wayville SA

with **Kate Raffin**

9am - 5pm, Tues 3rd - Sat 7th November, 2020

(Rescheduled from March 2020)

The skills you will learn in this training are useful in all aspects of your life, with results that support not only the actual issue at hand, but relationships into the future



Kate Raffin is an accredited Mediator under the Australian National Mediator Accreditation System (NMAS), an experienced NVC Mediator and a Certified Trainer with the Centre for Nonviolent Communication. Kate has a gift for bringing clarity, sensitivity, authenticity, creativity, inspiration, humour, and deep care to her trainings.

[more about Kate](#)

[REGISTER HERE](#)

www.trybooking.com/BFWGC

This training is designed for :

- people trained in conventional mediation and facilitation who are wanting to bring more to their clients
- NVC practitioners
- anyone interested in developing and supporting healthy relationships.

**Pre-requisite: 2 days NVC training with a CNVC certified trainer
see www.nvcaustralia.com for a list of trainings**

Nonviolent Communication is based on the work of Marshall Rosenberg. www.cnvc.org

www.hearttalkmatters.com



The Art of Nonviolent Communication Mediation

- WITH KATE RAFFIN

This is a step-by-step training in skills for formal and non-formal conflict mediation, for individuals, communities, groups and workplaces, based on the skills and intentions of Nonviolent Communication (NVC).

This training includes but is not limited to :

- The 10 mediator skills
- The two phases and five steps of effective mediation
- Designing and facilitating inter- and intra-group mediation
- New approaches to common mediation challenges

And how to :

- Support people in conflict to hear each other by choice
- Be involved in a conflict and still choose to take the side of peaceful conflict response
- Recognise your own default settings in responding to conflict, and learn to increase your options to maximise benefit for all
- Mediate or facilitate in the presence of passivity, fear and resistance
- Work with challenges, reactivity and intensity
- Mediate the current conflict while supporting parties to re-perceive their ability to connect peacefully and effectively in the future
- Attend to what really matters and cut the exhausting guess work by making clear requests
- Foster the qualities of safety, openness and curiosity, leading to collaborative solutions that work for all
- Naturally translate judgements and enemy images into common human need language with greater ease
- Sustain yourself by returning to presence and connection even in the midst of intense conflict
- Prepare yourself to have the conversations that really matter
- Create your peer learning & support systems

"It was AMAZING !

Kate is an amazing trainer + facilitator. A great mix of reflection, self care, community building, skill building, practise and integration ..."

– Marian James, participant, Art of NVC Mediation training Nov 2017

www.hearttalkmatters.com



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TESTIMONIALS:

- WITH KATE RAFFIN

Continued ... Over the two years since I attending Kate's NVC mediation workshop I have regularly used a number of the practices in my work. The feedback from my clients was always how useful these practices have been for them.

'This workshop took it all to a new level and gave me the confidence and understanding of how we can all build on and use these skills in mediation in our everyday life.'

- Marian James Workplace mentor/ coach/ facilitator.

"Highly recommended! If you are interested in mediation especially but also communication in general, peace community/world."

- Mark Lazarus participant, Art of NVC Mediation training Nov 2017.

'An incredibly valuable training for anyone who wants to work in a supportive way with anyone in conflict – individuals and groups.'

- Jerry, participant, Art of NVC Mediation training Nov 2017

'It's fun, interactive, rewarding and nurturing, deep, relevant, helpful, affirming with a sense of community and collaboration. Such an innovative, joyous, creative learning environment.'

- Bridget O'Donnell, participant, Art of NVC Mediation training Nov 2017.

'I would highly recommend this training to everybody ! It has deepened my understanding of myself in general AND my understanding of how to behave in conflict. I know it will help me in my everyday interactions – with myself, my family + my community'.

- Ange Jackson, participant, Art of NVC Mediation training Nov 2017

Investment: Early-bird \$880 before 31st August (Concession \$680)

Full Price \$980 Concession \$780

\$200 deposit secures your place.

All other payments due in full by 20th Sept 2020

Places are limited and we expect to book out, so please book early to avoid disappointment

[REGISTER HERE](http://www.trybooking.com/BFWGC)

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