

International Intensive Training (IIT)

as developed by Dr. Marshall Rosenberg, founder of Nonviolent Communication

9-day Residential Retreat Sinaia, ROMANIA

October 20-29, 2015



Join us to be part of a *compassionate community*
learning how to speak from the heart,
practice deep, non-judgmental listening,
and build self-empowerment from the inside-out

[Details and registration](#)



Most of us are hungry for skills to improve the quality of our relationships, increase our contribution through work and deepen our sense of personal empowerment.



Unfortunately, however, **most of us have been educated from birth** to compete, judge, demand and diagnose... and to communicate in ways that create distrust and alienation, rather than connection.

At best, these habitual ways we think and speak hinder communication and create misunderstanding and frustration. And still worse, they can cause anger and pain, and may lead to violence, either physical or emotional.

Nonviolent Communication – also named "*Compassionate Communication*" or '*Giraffe Language*'-- helps us avoid unnecessary suffering and contribute to peace in our world by helping people connect across differences in gender, age, race, sexual orientation, ethnic background, and religious and political beliefs.

Join us to discover and practice these life-changing skills!

International Intensive Training (IIT)

20 – 29th October 2015 in Sinaia, ROMANIA

A 9-day residential retreat originated by

Dr. Marshall Rosenberg, founder of Nonviolent Communication

Register [here](#) to participate in this life-changing event. Complete details [here](#).



You will learn about:

Personal & Professional Relationships

- * Increase connection and closeness with the people you love
- * Speak in a way that inspires compassion and understanding from others
- * Initiate difficult conversations with more ease and confidence
- * Remain centered and peaceful when receiving difficult messages
- * Express anger fully, safely and respectfully... yet powerfully
- * Resolve long-standing conflicts and heal painful relationships
- * Raise children from the heart and move beyond power struggles into cooperation
- * Translate criticism, judgement and blame into life-serving messages
- * Inspire others to change their behaviour willingly.

Inner Transformation

- * Shift patterns of thinking that lead to depression, guilt and shame
- * Transform anger into self-understanding and increase inner peace
- * Enliven yourself by expressing and receiving gratitude
- * Learn to embody unconditional love for all.

Contribution and Social Change

- * Teach others a way to increase inner peace, liberate themselves and strengthen relationships
- * Create educational systems where students love learning and teachers love teaching
- * Learn to engage in effective, lasting nonviolent social change in the tradition of Gandhi and Dr. Martin Luther King, Jr.

Meet the Trainers

All are Certified Trainers with the Center for Nonviolent Communication

Jeff Brown, M.A. (Columbus, Ohio, USA).

Since 2009, Jeff has been the Executive Director of the Ohio-based [Compassionate Communication Center of Ohio](#), an organization that shares NVC with individuals, families, religious organizations, and schools, and in workplaces in the social services, human services, and health care sectors.



Since 2005, Jeff has led trainings in six countries and 25 U.S. states. Jeff has a master's degree in Spiritual Psychology from the [University of Santa Monica](#) in Los Angeles, CA, and is trained in restorative justice practices of Community Mediation, Victim-Offender Reconciliation, and Restorative Circles.

From 2009 to 2012, Jeff was a trainer with the [NVC Training Institute](#), a collaboration of trainers who offered in-depth residential retreats called, "The Living Energy of Needs."



Ian Peatey, (Bucharest, Romania)

Ian was born in the UK and moved to Poland in 1994, playing a part in the rapid growth of NVC awareness there. He now lives in Bucharest, Romania with his daughter and wife (also a CNVC trainer). Together with his wife, he runs the Romanian Association for NVC which focuses on general NVC as well as the education and parenting fields.

Ian's background is originally in the corporate world where he worked in financial audit and HR before embarking on a radical change of direction after discovering NVC in 2001. He was certified as a CNVC trainer in 2008 and integrates NVC into his business training, facilitation and coaching as well as offering NVC programs in personal development and for couples and parents.

In his work he seeks to combine the transformational quality of NVC with the pragmatic and, despite their popularity, he resolutely refuses to use puppets in his workshops.

Sylvia Haskvitz (Tucson, Arizona, USA)

Sylvia has been a certified trainer since 1989, among the first 20 NVC trainers to be certified. Sylvia has planted NVC seeds in communities worldwide. She was part of the first team to offer 9 day trainings for Israelis/Palestinians and Internationals near Jericho in 2011.



She is the author of *Eat by Choice, Not by Habit*, an NVC inspired book translated into several languages including German, Italian and Chinese. And a contributing author of *Healing Our Planet, Healing Ourselves* with her chapter titled *Enemy Images* based on her work as facilitator of a weekly dialogue group with Israelis and Palestinians occurring during the 90's at the time of the Oslo Accords. Sylvia is a North American Assessor and sits on the certification coordinating council.

She has an undergraduate degree in Nutrition from the University of Texas Allied Health Sciences at Houston and a masters degree in Intercultural and Interpersonal Communication from San Francisco State University. As one of her clients said, "Sylvia cares about what goes into your mouth and what comes out of it." She lives in Tucson, AZ, USA.

Deborah Bellamy (Vienna, Austria)

Deborah is a freelance trainer based in Vienna since 1991 in adult education using alternative methods. She met Marshall Rosenberg in 1995 and became certified trainer in 2003 when she co-founded a network in Austria for NVC (GFK Austria) which now has over 50 trainers, 120 members through out the country. She specialises still in adult Education in Business, Management, University, Schools, Social education and private coachings. In 2006 she joined Marshall at an IIT as team trainer and now is looking forward to contributing in Romania as IIT trainer in 2015.

Deborah has joined the European English speaking CNVC Assessor team in 2012 and has taken on candidates from Eastern Europe. She has had many years of experience working internationally, especially in Eastern European countries.

What people say about Deborah is they enjoy her authenticity, playfulness, humour, creativity and depth in her work as trainer, not to mention her dedication to the NVC vision.

Deborah is living in Austria with her partner since 1989 after sailing 4 years on a boat. She was born in Malta and spent her childhood in Britain with her parents and sisters and 4 legged animal friends.



Presented by:



Hosted by:



Register [here](#) to participate in this life-changing event.

Find complete details [here](#)

What is Nonviolent Communication?

Nonviolent Communication (NVC), sometimes known as "Compassionate Communication," is a process that facilitates the exchange of information necessary to prevent violence, increase civility, and discover win/win strategies that contribute to lasting peace among individuals, organizations and nations.



Ian Peatey (IIT Trainer) & Monica Reu (IIT Organiser)

NVC contributes to peace by helping people connect across differences in gender, age, race, sexual orientation, ethnic background, and religious and political beliefs, by focusing on the needs that are universal to all human beings.

NVC is based on the belief that all human beings have the capacity for compassion and only resort to violence, or behaviour that harms others, when they are not aware of *more effective strategies* for meeting their needs.

When disagreement arises, most people have been educated to think and communicate in terms of what is "wrong" with the other and use blaming, judgements, and demands to meet their needs. Tragically, these ways of relating to others *decreases* the likelihood that people will respond compassionately, and *increases* the likelihood

of violent behaviour.

NVC guides us to use empathy to connect with the core of a person's needs that lie underneath their words and actions, which helps us to resolve conflicts collaboratively, create harmony in relationships, and build lasting peace. When we understand and acknowledge each other's needs, we develop a shared foundation for tolerance, cooperation and goodwill.

NVC sharpens our skills in three main areas:

1) Honest Expression

Expressing our needs vulnerably without criticism or blame, in a way that inspires compassion and understanding, and making clear requests of others without demanding.

2) Empathic Listening

Listening to others with empathy in way that communicates compassion and deep understanding of people's values and needs.



3) Self-Understanding

Developing greater understanding of our own needs and motivations, so that we have more openness and flexibility about ways to pursue our needs in a way that does not harm ourselves or others.

Marshall Rosenberg

The process was developed by American psychologist, [Marshall Rosenberg \(1934-2015\)](#) over 40+ years beginning in the 1960s. At the time, Marshall provided mediation and communication skills training for federally-funded school integration projects in the Southern U.S.

In 1985, Rosenberg founded the [Center for Nonviolent Communication \(CNVC\)](#) and led more than 1,000 on five continents until his retirement in 2011. As of 2015, CNVC has 350 Certified Trainers who share NVC in schools, corporations, health care systems, penal institutions and in politics in 35 countries.



Around the world, pictures of transformation are emerging from every continent. People are connecting moment-to-moment with the human spirit within themselves and others. With ever-increasing ability, they are resolving conflicts peacefully and experiencing their common humanity. Learn more about CNVC [here](#).

Dr. Marshall Rosenberg
founder of Nonviolent Communication.

Complete details of this retreat are [here](#). Registration is [here](#).

Contact Monica Reu for more information:

iit@nonviolenta.org