

Program Components

- **Four Intensive Residential Retreats** in the San Francisco Bay Area: January 9-15, April 24-30, July 3-9, and October 9-15.
- **Tele-Classes twice a month**, led alternately by trainers and assistants or participants.
- **Weekly individual assignments**; optional once-a-month feedback on one assignment.
- **Program “buddy”**; meet at least one hour weekly for empathy, support and coaching.
- **Tele-support phone sessions** for mentoring and empathy with assistant trainers (quarterly).
- **Email group & wiki** for program participants with opportunities for empathy, learning, and mutual support.
- **NVC teaching & leadership** between retreats with the support of optional sample curriculum.
- **Extensive reference & journaling materials** for understanding and integrating NVC.



Empathy buddies, Phoenix and David, LP08.

What People Are Saying

“I know of no NVC learning environment quite as deep and comprehensive as the BayNVC Leadership Program. I also know of no community of NVC practitioners as active, as connected and as able to engage personally and socially as LP graduates. The world I want to live in gets closer every time I collaborate with or am benefitted by their work. I see this as a living endorsement of Inbal and Miki's teaching.”

- *Dominic Barter, CNVC certified trainer, Brazil*



“Thinking about LP I'm tearful, wanting to go back again and be held with that special care and unconditional love that are so vital to my well being. My memories of LP sustain me still, and I find quite extraordinary the path that the LP has led me on. What really blows me away is the depth of my connection with Inbal and Miki, who hold a huge community of NVC practitioners. I am so grateful for all that I've learned and continue to learn from the wider LP community!”

- *Martha Lasley, LP04, CNVC certified trainer, Troy, PA*



“A year in the LP has tremendously enriched my life from a personal growth, teaching and also leadership point of view! I would recommend to each NVC trainer to go through this programme no matter how long they have already been certified!!!!”

- *Merike Kahju, LP07, CNVC certified trainer, Estonia*

Contact Us

To receive detailed information and an application packet, see www.baynvc.org, email lp09@baynvc.org, or call 510-433-0700.

2009 North America NVC Leadership Program

*Learning
Connection
Growth
Joy
Community*

Join us in our 8th year
of supporting
NVC leadership development



www.baynvc.org
510-433-0700

Our Mission:

Our Mission is to contribute to internal, interpersonal and social transformation by supporting emerging and existing NVC trainers' capacity to understand, live and share NVC.

Our Intentions:

- To model and *live* what we teach
- To provide a *structured, supportive environment* for exploring the principles, philosophy and practice of NVC and of teaching NVC
- To nurture a *long-lasting community* of NVC practitioners who are committed to leading and living based on NVC consciousness.

Requested Experience

We would like LP applicants to have:

- Significant facility using NVC in their daily lives;
- Extensive prior training such as an IIT or a residential intensive retreat with us or other trainers, plus significant practice group experience, or equivalent;
- At least a year of ongoing NVC practice or training (or more intensive training over at least 8 months);
- Prior experience teaching NVC or the intention to start teaching NVC within the year of the program, or to share NVC in a non-teaching capacity (such as counseling, facilitation, mediation, and the like).

Most applicants are from the US and Canada, but we encourage people from around the world to apply. In 2008 we have 4 participants from Japan, Germany, and South Africa, and in 2009 we anticipate having participants from Africa, Brazil, and Sri Lanka (pending funding).

Our Leadership Team



Inbal and Miki Kashtan are sisters and have been working separately and together for about 13 years, creating and

delivering public and organizational NVC workshops and retreats in the San Francisco Bay Area and around the U.S. In 2002, with other trainers, they co-founded BayNVC. In addition to their work with BayNVC, Miki coordinated CNVC's Social Change Project for several years, and Inbal continues to coordinate CNVC's Peaceful Families, Peaceful World Project. Inbal is the author of "Parenting from Your Heart: Sharing the Gifts of Compassion, Connection, and Choice," and has a CD for parents, "Connected Parenting: NVC in Family Life." Miki hosted a radio show, "The Conflict Hotline," between 2004 and 2006, and has a CD with highlights from this show, "Conflict Hotline Radio Archives." She has been supporting the US Department of Peace Campaign with monthly NVC coaching calls since 2005. Together, they have also created many curricular materials and activities for teaching NVC that they share as part of the Leadership Program. To read some of Inbal's and Miki's articles, see www.cnvc.org.

Assistant Trainers. Each year we have 4-7 assistant trainers, all graduates of the program, who serve a critical role in supporting learning and living NVC as a community.



*Learning & community
- LP 08*



Francois Beausoleil has been teaching NVC in Canada and the US since 2004. He is working with BayNVC in a variety of training and consulting capacities, including managing the *Building NVC Communities* program

which brings NVC to communities around North America. Currently he is also directing a year-long training program for a social service agency in California. Francois is a certified CNVC trainer and holds an MBA degree.



Roxanne Manning has been using NVC in her psychotherapy practice since 2003, and has been teaching NVC since 2005. She has been working with BayNVC as a trainer to increase

our range of offerings in the South Bay for parents and couples. She is a main organizer for the annual New York Intensive, and one of the trainers for the NVC and Diversity Intensive, now in its second year. Roxanne holds a Ph.D. in Clinical Psychology.

Financial Contributions

We always work with sliding scales in an attempt to meet both our own and participants' needs for sustainability and contribution. Basic expenses for the four retreats range from \$1,500 for camping to \$2,200 for single rooms (when available). In addition, we are requesting tuition contributions of between \$4,000 and \$8,000.

As with all of our programs, we aim not to turn anyone away for lack of funds. We offer extended payment, work exchange and scholarships as much as possible. We hope that everyone whose experience and goals match our vision for the program will take part in it, and encourage you to apply regardless of your financial circumstances.