

*If every group, every organization, every community could send just one person to this extraordinary training, the world would change before our very eyes... - 2009 participant*



# Energize your life...

## at the 2014 New York Intensive in NVC

### in peaceful Garrison, NY, July 19-26, 2014

#### Innovative Trainers



##### **Bridget Belgrave**

- Co-creator of NVC Dance Floors
- Integrates the arts in NVC teaching.
- Author of children's

book, with children's NVC musical under development

##### **Ike Lasater**

- Mediation and conflict resolution for business and interpersonal relationships
- Decades of experience running a successful business as a trial attorney.
- Experience mediating conflicts around the world



##### **Roxy Manning**

- Co-leader of the NVC Leadership Program
- Organizational consultant on diversity and multiculturalism



- Licensed clinical psychologist integrates NVC into therapeutic work

#### Experienced Assistants

Our assistants' use their years of experience teaching and sharing NVC to extend your learning with evening programming and opportunities for empathic support and coaching.

#### deepen your knowledge...

- Beginner? Special FUNdamentals track for beginners with thorough coverage of NVC basics.
- Experienced? Make requests for sessions on topics of interest to you!
- The **Empathy Labyrinth** returns! Marc Weiner's kinesthetic work guides you to profound self connection.



#### enhance your relationships...

Do you want more harmony in your family? More authenticity with your partner? Help resolving ongoing conflicts? This year's trainers bring years of expertise supporting people in every kind of relationship! Come with your most challenging relationship questions and get the support you're longing for!

#### renew your community...

- Come together in community to practice, experience and live the NVC consciousness.
- Get inspired watching this work in action and learn ways to apply the NVC process in your community.
- Skilled assistants support individual healing, facilitate reconnection, and model living this consciousness.

#### What is NVC?

"NVC is a process that dramatically improves our relationships by helping us focus our attention on

- 1) Empathic understanding of others without compromising our own values, and
- 2) Expressing our real feelings and needs openly and honestly, yet without blame or criticism."

- BavNVC

*"When I attended my first New York Intensive I could not have possibly envisioned how deeply moving and motivating it would be. Every session I attended was impactful and offered me insights into myself, into others and into the world at large: both business and community. If you are not familiar with NVC practices, this is a great introduction to its power and possibility. If you are already a practitioner, this is an excellent opportunity to deepen your skills in a community that is dedicated to non-judgment and collaboration. If you are seeking a new way to communicate or to connect with yourself and with the world, the New York Intensive can deliver you with an expansive process for doing just that."*

- C.S., Boston, MA, Wellness and Career Coach

For more Information: <http://newyorkintensive.org> or [nyintensive@gmail.com](mailto:nyintensive@gmail.com)