



9-Day Residential Training in Nonviolent Communication for Palestinians, Israelis and Internationals at **EcoME** Dead Sea Region

The EcoME Centre is located at the Almog/Jericho junction in an area
accessible to Israelis and Palestinians alike.

Start: Thursday Dec 29 - 6pm **End:** Saturday January 7 -6pm

Trainers

Shantigarbha (UK) www.seedofpeace.org

Roberta Wall (USA) www.steps2peace.com

Hagit Lifshitz (Israel) www.mifgash.org.il

Tarek Maassarani (USA): www.american.edu/sis/faculty/maassara.cfm

Sylvia Haskvitz (USA): www.ccjewishsoul.com and <http://www.eatbychoice.net/>

This is an international retreat with an international team of trainers. We plan to be 50-60 people, living communally for nine days. We wish to respect and accommodate all religions and nationalities, so special food needs, prayer time and observance of Jews, Moslems and Christians will be respected. This training will be accessible to you if you speak English, Arabic or Hebrew. If you wish to support peace building and peace activists from all sides – please seriously consider applying. And please tell your friends and colleagues too!

Why Nonviolent Communication (NVC)?

Nonviolent Communication (NVC) provides a foundation for engaging with your world powerfully, compassionately, authentically, and with clarity. It builds capacity for personal and organizational development, social change, community peace building and conflict transformation. NVC offers an understanding and awareness, a set of skills, and a way of communicating that are rooted in the idea that all people have the same human needs, and that our actions are attempts at meeting those needs. We focus on **building connection**- within our own families, communities, between differing groups and in conflict situations- on that level of shared humanity.

NVC helps us learn to express ourselves in language that doesn't involve blame or attack and shows us how to listen to the underlying values or needs which are important to people even when they express themselves in difficult or hostile ways.

NVC is a powerful tool for reaching win- win solutions, resolving and mediating personal, organizational and community conflicts and for transforming conflicts between groups and societies. It is being used worldwide by communities and organizations, activists, leaders, parents, educators, doctors, social workers,

managers and others to improve their work and home life and bring about the changes they want to see in the world.

For more information on NVC, visit the trainers' websites listed above or the Center for Nonviolent Communication website: www.CNVC.org

Location

We're delighted to announce that the training will be hosted by the EcoME Centre in the Dead Sea region, EcoME is a home for social and environmental sustainability across divides. It already has established itself as a welcome and transformative environment for everyone. No weapons, alcohol or illegal substances are permitted on the premises. EcoME maintains a strictly vegetarian kitchen.

Please note that accommodation at EcoME is what would be described as 'basic' by 'western' standards. Sleeping is in Bedouin-style dormitory tents. If this isn't going to work for you, it may be possible for you to stay near the venue in a hotel or B&B.

In addition to morning and afternoon sessions, shared meal times and special events, this event will offer optional outdoor experiences in the desert, nights outside by the fire and under the stars and morning movement sessions to create a dynamic and nurturing 9 day retreat.

How will you benefit from this training?

This training will bring together a community of people who are committed to learning and embodying the principles of Nonviolent Communication (NVC) in their own lives and to sharing it with others. Residential multi day trainings enable greater submersion in the philosophy and practice of NVC and contribute to a deeper experience of community and learning. This training is a rare opportunity to learn from international trainers with many years of wide-ranging experience.

Beginners will learn basics of NVC from a variety of trainers as well have the opportunity to practice NVC conflict resolution skills. Those with NVC background will be able to deepen their understanding and skills. Everyone will be supported to apply NVC in their personal, work and life context. The training is designed to meet the individual learning needs of each participant.

At the end of the training you will be better able to:

- Create solutions to personal, organizational and societal challenges that meet everyone's needs
- See conflict as an opportunity to connect more deeply with yourself and others.
- Use empathy as a tool for empowerment, not submission
- Express your authenticity clearly and powerfully without blame, criticism, or attack.
- Understand compassionately what is motivating others' words or behaviour.
- Increase mutual respect and trust in communication.
- Improved understanding and better connection in relationships with colleagues, family, friends, neighbors, and people and groups in conflict
- Support others in their communication through formal or informal mediation.
- Gain clarity about yourself and what your needs are and finding powerful and effective ways to meet them.
- Manage strong emotions such as anger, shame and guilt in self and learn how to respond constructively when expressed by others
- Bring about sustainable social change through collaboration and creativity
- Develop effective social movements that address problems at the most fundamental level of relationships, identity, and social structures
- Find inspiration for action in hope and love, not fear or anger

The training will benefit organizations by:

- ❖ Having an employee or Board member trained in these skills, giving your organization a resident expert to assist in dispute resolution, evaluate the impact of a pending conflict and take action to remedy the situation
- ❖ Training staff who are able shift the organization away from communication and thinking that lead to alienation and mistrust (e.g. blame, criticism, demands) and implement a communication process and an organizational culture that connect people and inspire trust, consensus, and a willingness to contribute

- ❖ Improving communication and effectiveness with staff members, constituents, local partners and community members
- ❖ Enhancing effectiveness in running meetings, communicating your message and developing and implementing new and existing strategies and programs

Who is this training for?

You are invited to apply to attend this training if you are seeking to transform your most challenging conflicts into opportunities for growth, strengthened relationships, and improved human wellbeing. The vision of this training is to bring together Palestinian and Israeli activists, educators and others. We also are reserving ten places for international participants; your presence and participation will bring valuable support, energy, wider perspective and creative input into this community and training.

Fees

We want to practice giving and receiving from the heart. The trainers and EcoME are offering this from the heart and we would enjoy receiving your financial support from the heart. Your financial contribution will go to a scholarship fund to support this work and the participation of people with fewer financial resources.

If you are living and working in Europe, the US or another 'western'-style economy: we request US \$1000 for the nine days, which includes accommodation at EcoME, all meals and tuition fees. A portion of this amount subsidizes the scholarship fund.

If you are living and working in Israel/Palestine: No one will be turned away because of lack of funds. To support this training, we request payment of 1,000NIS for the full nine days accommodation at EcoME, food and contribution towards the program tuition fees. **If this is a hardship for you, please request a scholarship, which is available.**

Applications

To apply for this training please fill in the Application Form included with this brochure & email it to us before Nov 15th, 2011. Please note that we are setting aside only ten places for people from outside the region. We expect this training to fill quickly. We will inform you within a week whether your application has been accepted so you can make your travel plans. Please apply ASAP.

Application email: info@steps2peace.com

For more information, and to discuss this in Hebrew or Arabic, please contact our regional coordinators:

- ❖ Shlomi: tazir1@gmail.com
- ❖ Muneer: muneer_shanaaha@hotmail.com
- ❖ Roberta (English only) info@steps2peace.com

Trainer's bios:



Shantigarbha (Chris Warren)

An international NVC trainer certified with the Centre for Nonviolent Communication (CNVC.org). He grew up in the UK and studied Latin, Greek and Philosophy at Oxford University before joining the Triratna Buddhist Order. He now leads NVC workshops in Europe, the USA and Asia. He also acts as an organizational consultant to companies and communities in the UK, US, India and Sri Lanka. He writes on NVC for two UK magazines and has appeared on Sri Lankan television on 'Good Morning Sri Lanka'. He's written a book 'Empathy: the art of compassionate presence'. www.seedofpeace.org



Roberta Wall, J.D.

As a peacemaker, activist, facilitator, attorney and coach Roberta Wall from the USA works with public and private organizations and institutions, individuals and families, communities, schools, coalitions, and Jewish congregations to create effective and healthy communication and systems, transform conflict, and to help find strategies that meet everyone's needs. She offers trainings throughout the US, Israel and the West Bank in a wide range of venues. Her work is based upon Nonviolent Communication as developed by Dr. Marshall Rosenberg, as well as her extensive training with inspirational leaders and teachers such as Thich Nhat

Hanh and the Dalai Lama. www.steps2peace.com



Hagit Lifshitz, M.A.

Co-founder and director of *Mifgash* (Encounter) *For Conflict Transformation* in Israel. Hagit is an Israeli trained by Dr. Marshall Rosenberg in Nonviolent Communication and has many years of experience in living, facilitating and teaching NVC throughout Israel and with Palestinian and international peace organizations. She is an organizational and educational consultant, and works as a life coach, mediator and conflict transformation facilitator. She is also the editor and host of the radio show: "On Wolves and Giraffes – Peace Is Not Only Politics" at All-For-Peace Palestinian-Israeli Radio. She practices meditation and is active with groups to promote inner peace and peace in the world <http://www.mifgash.org.il>



Tarek Farouk Maassarani, M.A., J.D.

For Tarek, Nonviolent Communication is a key element to his life's work as a practitioner and educator in the field of community peace building. Tarek currently implements positive youth development programming and restorative practices to address youth violence, delinquency, and gang-involvement. He also offers dispute resolution services, including mediation, dialogue facilitation, training, peace education, and legal representation, to organizations, schools, and members of his local Washington DC community. On an international level, Tarek has practiced and published on international human rights law and carried out educational and community development projects in Africa and the Middle East. Tarek is an adjunct professor of human rights and peace building at the George Washington University and American University, and holds a Masters in International Affairs from Columbia University's School for International and Public Affairs and a J.D. from Georgetown University. www.american.edu/sis/faculty/maassara.cfm



Sylvia Haskvitz, MA, RD

Certified Trainer with the Center for Nonviolent (Compassionate) Communication since 1989. Registered dietitian since 1983. Sylvia has a Masters Degree in Speech and Communication Studies with a focus on Interpersonal and Intercultural Communication. She enjoys supporting people and organizations to return to a place of peace and well being. She used the NVC process to facilitate Israelis and Palestinians in a weekly dialogue group during the Oslo Accords in the San Francisco Bay Area where she also served as Executive Director and Youth Director with United Synagogue. She has contributed to the book, *Healing Our Planet, Healing Ourselves* with the chapter called Enemy Images and is the author of *Eat by Choice, Not by Habit* combining her passion for communication and connection and her love of food, health and well-being. She has been a speaker and keynote speaker at many conferences including Peacemaking: The Power of Nonviolence with the Dalai Lama and has offered workshops and training to people around the globe. She lives with her partner, Tim and precious therapy pooch, Rico in Tucson, AZ. www.eatbychoice.net and ccjewishsoul.com