

A Culture of Nonviolence is *Growing* in the Mideast

Nonviolent Communication (NVC) Training

Beginning February 19, 2015, a living and learning experience for Israelis, Palestinians and Internationals at EcoMe near the Dead Sea



The program is offered as two consecutive weekends with an experiential break from classroom sessions during 3 weekdays. We begin 10 am Thursday 19 February through 5 pm Sunday 22 February. and resume 10 am Thursday 26 February through 5 pm Sunday 1 March.

*From Sunday evening 22 February until Thursday morning 26 February, you will have experiential options including resting at EcoME, individual or group traveling, local home visits (all included with fully paid tuition), or returning to your home and work. There will also be NVC community teaching experiences for those participating in the train-the-trainer program** (also included with fully paid tuition)** Please indicate on the registration form if you wish to apply to participate in the train the trainer program.*

What is Nonviolent Communication?

Nonviolent Communication (NVC) is a way to **build connections** powerfully, compassionately, authentically, and with clarity. It builds capacity 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 then builds on the new connections and understanding that arise to explore solutions and strategies that address everyone's needs. **Nonviolent Communication** is being used in conflicts and settings worldwide by communities, institutions 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.

Experiencing the Power of NVC

During the two consecutive weekends (**participation in both weekends is required for everyone**) we will offer dozens of workshops and classes. During the three day class break, (from dinner Sunday 22/2-breakfast Thursday 26/2), we offer options for resting at EcoMe, local home visits, travelling and NVC community teaching experiences with those participating in the train-the-trainer program (these are included with fully paid tuition).

This program will bring together in the Mideast all sectors of people living in the region, as well as Internationals from Europe, the US and other countries, to learn and experience how to transform static images of each other and of conflict. In addition to the development of connection on a deeper human level, participants experience and receive training in a variety of leadership and conflict transformation modalities. And, as new skills and consciousness are developed through participation in the trainings, and through living and working together in on-going trainings and projects, together, now as partners, we will create new strategies for systemic and individual transformation.

Throughout this training we will build skills by **Experiencing the Power of NVC**. Our skilled NVC facilitators will guide classes and small groups to apply a variety of applications of Nonviolent Communication to issues requested by participants. These include NVC-based Mediation, Facilitation, Restorative Circles, Empathic Listening Circles, exploration of Nonviolence in families, schools, organizations, communities and social action and Empathy Support Groups.

Who is this training for?

You are invited to attend this training if you are seeking to transform your most challenging conflicts into opportunities for growth, strengthened relationships, and improved human wellbeing. If you wish to explore, support, deepen and develop change and peace building with leaders, activists, educators and committed people from all sides – seriously consider applying.

Location: The Training will take place at the **EcoMe Center on the roads to Jericho and the Dead Sea, accessible by public transportation**. Accommodations at EcoMe are basic; sleeping is dormitory style, with separation between the sexes. Delicious fresh vegetarian meals included.

To Register: Information and Registration: [NVC Mideast 2015 Registration](#)

Cost: Cost information is provided on the registration form: [NVC Mideast 2015 Registration](#)

Contact: MideastNVC@gmail.com with inquiries & to learn how to support this program.

To Volunteer: EcoME is looking for volunteers beginning in January to build, host and set up:

Trainers:

Irmtraud Kauschat (Germany) irmtraudkauschat@yahoo.de
Duke Duchscherer (United States and Canada) duked303@gmail.com
Roberta Wall, J.D. (United States) www.steps2peace.com
Hagit Lifshitz, M.A. (Israel) www.mifgash.org.il
Yoram Mosenzon (Israel, Netherlands) www.connecting2life.net
Nafez Assaily (Guest Trainer, Hebron) www.lownp.com

Partners:



EcoME



www.speakingpeace.org/

www.cnvc.org www.gewaltfrei-dach.eu/

<http://www.holylandtrust.org/>