

# 10<sup>th</sup> ANNUAL NVC CONFERENCE

May 12 – 14, 2017

Wake Center, 300 N Turnpike Rd, Santa Barbara, CA 93111



Sponsored by The Center for Lifelong Learning, SBCC Foundation and  
Choose Connection

## PARTICIPANT PACKET

# SCHEDULE

NVC Conference 2017, The Center for Lifelong Learning, Santa Barbara, CA  
Friday, May 12, 2017

Time	Topic	Presenter	Room
7 PM	Welcome & Introductions	All	Auditorium
7:30 - 9:30 PM	NVC Intro	Mary Mackenzie	Auditorium

Saturday, May 13, 2017

Time	Topic	Presenter	Rm	Basic, Intermediate or Advanced
9 AM	Opening Speakers introduce themselves and describe their sessions	Rodger Sorrow	Aud	
<b>9:45</b>	<b>Session I</b>			
Sat 1	Self-Empathy	Mary Mackenzie	13	Intermediate
Sat 1	Parenting with Compassion	Shoshana Wheeler	16	
Sat 1	The Zero Step: How to Awaken NVC Consciousness	Jim and Jori Manske	Aud	
Sat 1	Office NVC: Toolkit for Facilitators, Coaches and Change Agents - Exercise 1	Lorraine Aguilar	17	Basic
Sat 1	From tolerance to acceptance: NVC and the Enneagram	Sylvia Haskvitz	18	All welcome
Sat 1				
11am	Break			
<b>11:15</b>	<b>Session II</b>			
Sat 2	Bringing compassion into the classroom	Shoshana Wheeler	16	
Sat 2	Let's Talk Sex	Rodger Sorrow & Anne Walton	26	All welcome
Sat 2	How to Have a Connecting Dialog with NVC	Jim and Jori Manske	Aud	
Sat 2	Office NVC: Toolkit for Facilitators, Coaches and Change Agents - Exercise 2	Lorraine Aguilar	17	Basic
Sat 2	Making self empathy visible	Michael Dillo	18	Advanced

Sat 2	The "CHECK IN": Working Out At The NVC Gym.	Cory Tyler and John Michno	20	All Welcome
<b>12:45</b>	<b>Lunch - (conscious eating with Sylvia)</b>			
<b>1:45</b>	<b>Session III</b>			
Sat 3	Free Yourself from Limiting Self Beliefs	Mary Mackenzie	Aud	Basic
Sat 3	The Healing Power of Forgiveness	Anne Walton & Michael Dillo	15	Intermediate
Sat 3	The Surprising Purpose of Anger	Rodger Sorrow	26	Intermediate
Sat 3	Fun and Games with NVC	Sylvia Haskvitz	18	All welcome
Sat 3	NVC & Race: The Colors of Compassion	Cory Tyler	20	All welcome
Sat 3	Empathy practice	John Michno	16	Basic
<b>3:15</b>	<b>Celebration Harvest</b>	All	Aud	
<b>4</b>	<b>Good Bye - See You Tomorrow</b>	All		

### SUNDAY, May 14, 2017

Time	Topic	Presenter	Rm	Basic, Intermediate or Advanced
9 AM	Opening: Today's Sessions Are Announced	Rodger Sorrow	Aud	Everyone
<b>9:30</b>	<b>Session I</b>			All welcome
Sun I	Find Freedom: Letting Go of Judgments	Mary Mackenzie	13	Basic/Intermediate
Sun I	NVC Parenting - Understanding Anger	Shoshana Wheeler	16	All welcome
Sun I	Beneficial Regret: How to say "I'm sorry" and Restore Connection	Rodger Sorrow	26	All welcome
Sun I	The Vortex of Submission: Exploring Power in Relationships	Jim and Jori Manske	Aud	All welcome
Sun I	Looking at NVC with fresh eyes	Sylvia Haskvitz	18	All welcome
Sun 1	Hearing the precious message your inner critic has for you!	Anne Walton	15	All welcome
11am	Break			
<b>11:15</b>	<b>Session II</b>			
Sun 2	Requests: The Unsung Hero	Mary Mackenzie	Aud	Intermediate

Sun 2	Creating a Life Affirming relationship with Money	Sylvia Haskvitz & Anne Walton	15	All welcome
Sun 2	Restorative Circles for the Classroom	Shoshana Wheeler	16	All welcome
Sun 2	Office NVC: Toolkit for Facilitators, Coaches and Change Agents - Exercise 3	Lorraine Aguilar	17	Basic
Sun 2	The Spirituality of NVC	Michael Dillo	18	Intermediate
Sun 2	NVC & Race: The Colors of Compassion	Cory Tyler	20	All welcome
12:45	Lunch - (meeting for those interested in certification)	Sylvia Haskvitz, Michael Dillo, Anne Walton, Rodger Sorrow	15	All welcome
<b>1:45</b>	<b>Session III</b>			
Sun 3	Role Play, Healing Old Pain	Rodger Sorrow	26	All welcome
Sun 3	Three Necessities for Integrating NVC Consciousness	Jim and Jori Manske	Aud	All welcome
Sun 3	Tying Up Loose Ends	Anne Walton	15	Intermediate
Sun 3	Creative Workshop for Singers, Dancers and Artists	Lorraine Aguilar	17	All welcome
Sun 3	Certification exploration/CALF	Sylvia Haskvitz & Michael Dillo	18	Intermediate and Advanced
Sun 3	The "CHECK IN": Working Out At The NVC Gym.	Cory Tyler & John Michno	20	All Welcome
3:15	Break			
3:30	Closing Session		Aud	
4 PM	Good Bye & Hugs			Everyone

**LUNCH OPTIONS:** If you leave campus for lunch, we recommend two restaurants because they are close by.

**IHOP**, 4765 Calle Real, Santa Barbara, CA 93110

**In-N-Out Burger**, 4865 Calle Real, Santa Barbara, Ca 93111

## *FEELINGS*

### **PEACEFUL**

absorbed  
blissful  
calm  
content  
engrossed  
expansive  
serene  
spacious  
tranquil

### **GLAD**

confident  
delighted  
encouraged  
excited  
grateful  
happy  
hopeful  
inspired  
joyful  
relieved  
satisfied

### **PLAYFUL**

alive  
effervescent  
energetic  
exuberant  
impish  
invigorated  
refreshed  
stimulated  
zestful

### **LOVING**

affectionate  
appreciative  
compassionate  
friendly  
nurtured/nurturing  
sensitive  
tender  
warm  
sweet

### **MAD**

aggravated  
agitated  
angry  
annoyed  
bitter  
enraged  
exasperated  
frustrated  
furious  
hostile  
irritated  
miffed

### **TIRED**

exhausted  
fatigued  
fidgety  
indifferent  
lethargic  
listless  
overwhelmed  
weary

### **CONFUSED**

apathetic  
embarrassed  
hesitant  
perplexed  
torn  
troubled  
uncomfortable  
uneasy  
withdrawn

### **SCARED**

afraid  
anxious  
fearful  
horrified  
jittery  
nervous  
panicky  
shocked  
startled  
terrified  
worried

### **SAD**

despair  
despondent  
discouraged  
distressed  
gloomy  
grief  
heavy  
hopeless  
hurt  
lonely  
pessimistic  
troubled  
vulnerable

## *NEEDS*

### **MEANING**

Acknowledgment  
Awareness  
Beauty  
Celebration  
Clarity  
Closure  
Competence  
Contribution  
Effectiveness  
Growth  
Hope  
Inspiration  
Learning  
Mourning  
Mystery  
Purpose  
Stimulation  
Understanding

### **AUTONOMY**

Choice  
Freedom  
Independence  
Space

### **AUTHENTICITY**

Aliveness  
Creativity  
Honesty  
Integrity  
Openness  
Self Expression  
To be heard/seen  
To know/be known  
Transparency  
Trust

### **CONNECTION**

Acceptance  
Belonging  
Closeness  
Communication  
Companionship  
Compassion  
Consideration  
Empathy  
Interdependence  
Intimacy  
Love  
Respect  
Sexual Expression

### **PHYSICAL**

Air  
Hydration  
Movement  
Sexual Expression  
Rest  
Safety  
Shelter  
Sustenance  
Touch

### **PLAY**

Excitement  
Fun  
Humor  
Joy  
Laughter

### **COMMUNITY**

Collaboration  
Cooperation  
Equality  
Inclusion  
Mutuality  
Support

### **PEACE**

Beauty  
Consciousness  
Ease  
Flow  
Harmony  
Presence  
Spaciousness  
Spiritual Connection  
Transformation

## What is *Violent* Communication?

If “violent” means acting in ways that result in hurt or harm, then much of how we **communicate**—judging others, bullying, having racial bias, blaming, finger pointing, discriminating, speaking without listening, criticizing others or ourselves, name-calling, reacting when angry, using political rhetoric, being defensive or judging who’s “good/bad” or what’s “right/wrong” with people—**could indeed be called “violent communication.”**

## What is *Nonviolent* Communication?

**Nonviolent Communication is the integration of 4 things:**

- **Consciousness:** a set of principles that support living a life of empathy, care, courage, and authenticity
- **Language:** understanding how words contribute to connection or distance
- **Communication:** knowing how to ask for what we want, how to hear others even in disagreement, and how to move toward solutions that work for all
- **Means of influence:** sharing “power with others” rather than using “power over others”

**NVC serves our desire to do three things:**

1. Increase our ability to live with choice, meaning, and connection
2. Connect empathically with self and others to have more satisfying relationships
3. Sharing of resources so everyone is able to benefit

## 2017 NVC Conference Presenters Contact Info

May 12 – 14, 2017

CLL, Wake Campus, Santa Barbara, CA

Anne Walton  
805-452-8874 US cell  
613-204-8824 Canadian cell  
[annewalton43@gmail.com](mailto:annewalton43@gmail.com)

Rodger Sorrow  
100 N La Cumbre Road #16, Santa Barbara CA 93110  
Cell 805-452-8874  
[rodgerhsorrow@gmail.com](mailto:rodgerhsorrow@gmail.com)

Jim and Jori Manske  
53 Palulu Way, Haiku, HI 96708  
505-344-1305,  
[nvctrainer@gmail.com](mailto:nvctrainer@gmail.com), and [jori.manske@gmail.com](mailto:jori.manske@gmail.com)

Shoshana Wheeler  
805-495-7058- work, Cell: 805-390-7286  
[shoshana.wheeler@gmail.com](mailto:shoshana.wheeler@gmail.com)

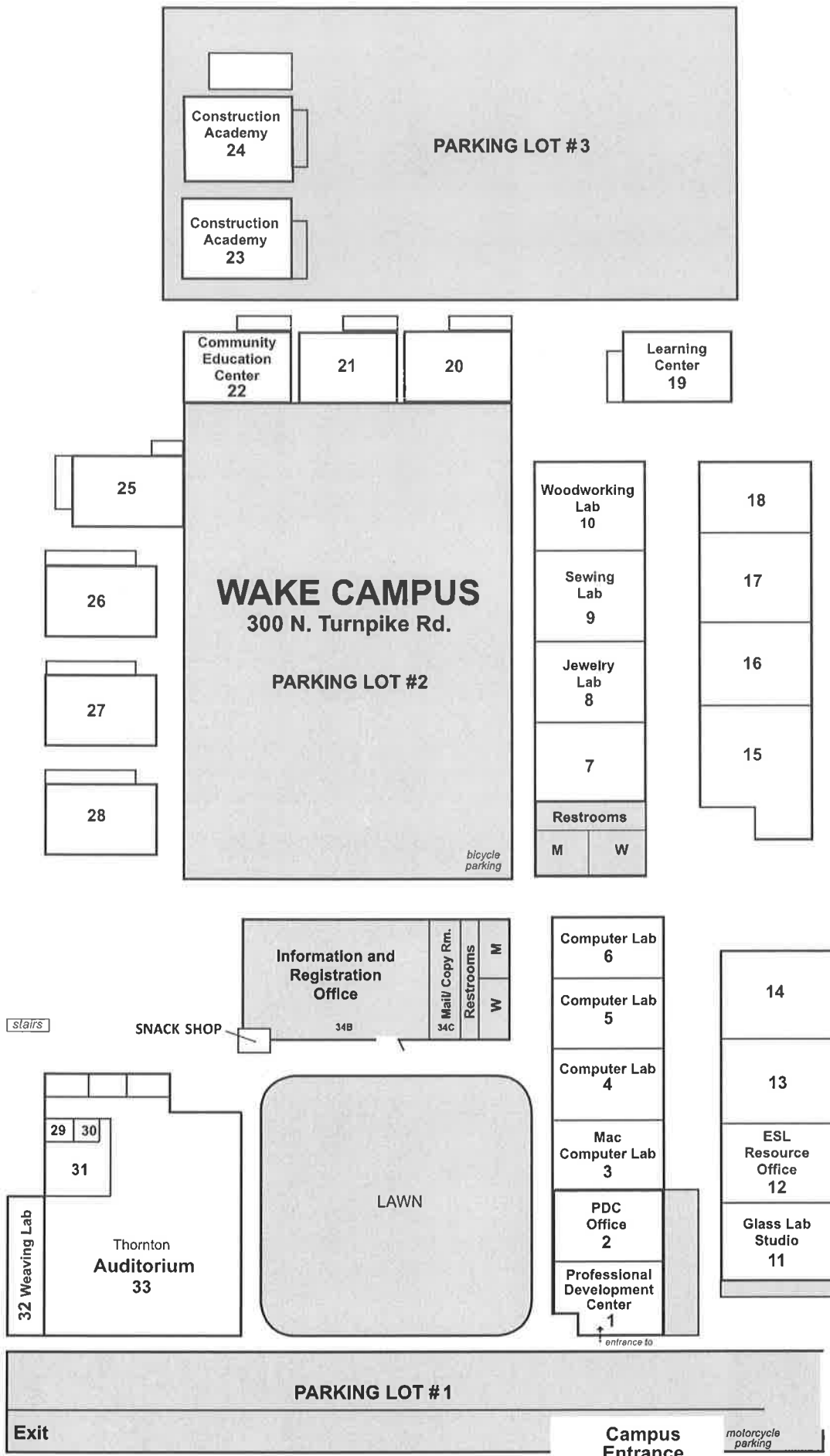
Mary Mackenzie  
[mary@peaceworkshop.org](mailto:mary@peaceworkshop.org)

Sylvia Haskvitz  
520.572.9295  
[silgiraffe@aol.com](mailto:silgiraffe@aol.com)

Lorraine Aguilar  
(562) 412-4933  
[laquilar@workingharmony.com](mailto:laquilar@workingharmony.com)

Cory Tyler  
818-434-2345  
[corytyler@icloud.com](mailto:corytyler@icloud.com)

John Michno  
858-877-3243  
[John.san.diego.nvc@gmail.com](mailto:John.san.diego.nvc@gmail.com)



**NORTH TURNPIKE ROAD**

Note: map not to scale 10/27/2015