



Summer days in Sweden

Time to tune in - Treat yourself to the essence of NVC

14-18th August 2024

with Marianne Göthlin, Corrylaura Van Bladel and Towe Widstrand

This event was initiated from several requests from our contacts, asking for a training in Sweden. We are enthusiastic to have found the timing and place to make this happen.

We wish for some meaningful days of diving into NVC in “lightness and depth”.

This event will take place in the beautiful venue Mundekulla, in southeast Sweden. (www.Mundekulla.se)

We invite you to practice NVC and to enjoy these days tailored to our group and participants' needs.



For whom

Maybe you know NVC well and yet find it difficult to apply with people close to you, with authorities, when there is tension, conflict or just quietness? Maybe you have experienced that more words do not mean more connection?

This is an opportunity for you who want to sharpen your skills to contribute to understanding and mutual conversations.

We welcome both you who are fairly new to NVC and you who are looking for in-depth training. As we are three trainers we can adapt to different needs and levels of learning and we all learn from each other. These days count if you are in the CNVC certification process.

What we will focus on

We would like to offer a variety of opportunities to learn about and practice the essence of NVC and its applications. Take our time to tune in to core needs and how to make them alive in our relationships.

Some of what we envision to dive into:

- self-care
- expressing honesty
- listening skills

To practice using these three as possibilities for connection.

This can mean practicing

- to go beyond self-criticism and identify core needs
- mourning mistakes - and celebrate when things are going your way
- developing inner self-care in language
- transforming anger and enemy images
- finding motivation and strength to be honest
- listening with empathy - giving space to be in the moment
- handle your own reactivity when listening
- develop your personal NVC vocabulary, your “street giraffe”
- listening when there are complaints, resistance, or silence



As a unique quality input, we have invited Father Chris Rajendram from Sri Lanka to be with us these days. He will offer some meditations and be available for some private sessions. Chris will decide about his participation depending on health reasons close to the event.

Timing

We will get together in the afternoon of the 14th of August. You are welcome from 15.00 and we will have dinner together at 18.00. We will come together as a group 19.30-20.30 for an informal welcome.

We end with lunch on the 18th of August.

We plan to offer training on a shared topic in the mornings.

After lunch, there will be options for training in smaller groups, on different topics, and also for recreation, hanging out in the garden, going for a forest walk or swimming.

We will eat all meals together, all vegan, vegetarian and with no alcoholic drinks. We can also have some evening activities depending on inner and outer weather.

So we encourage you to imagine yourself being with us during these summer days, enriching yourself by combining days of learning and recreation in a warm and supportive community.

Please read the additional attached information about Mundekulla, with their policies and opportunities.

Practicalities

Language

Easy English (in small groups we can adjust to present languages)

Pricing

Training fee 675€ (VAT 21% excl)

Registrations



Lodging and food

Look at the table below and choose your type of accommodation including food.

Email your preferred choice to Nele Mestdagh at nele.mestdagh@gmail.com and she will make your reservation.

You will pay directly to the venue by card on arrival at Mundekulla.

Meals and accommodation (Prices in SEK including 12% VAT)
 Price includes: Meal package (breakfast, lunch, fika and dinner),
 accommodation for 4 nights, bed linen/towels and room cleaning

Type of Accommodation	Available number of rooms/beds	Price/bed	Extra night 18th Aug (no meal)
Single room with private bathroom	8 rooms - 8 beds	SEK 6 350	SEK 950
Single room with shared bathroom	3 rooms - 3 beds	SEK 5 950	SEK 850
Bed in a double room with private bathroom	5 rooms - 10 beds	SEK 5 550	SEK 750
Bed in a double room with shared bathroom	3 rooms - 6 beds	SEK 5 150	SEK 650
Bed in triple room with private bathroom	2 rooms - 6 beds	SEK 4 750	SEK 550
Bed in triple room with shared bathroom	2 rooms - 6 beds	SEK 4 350	SEK 450
Bed in dormitory / Alcove with shared bathroom	10 beds	SEK 4 150	SEK 400

Questions about the program: please connect with
 Towe: towe.widstrand@gmail.com, Marianne: marianne@skolande.se,
 Corrylaura: corrylaura@praatkracht.be

Cancellation terms

- If cancelled up to 1 month before the start of the training, no fee will be charged.
 - In case of cancellation between 1 month and 14 days before the start of the training, 50% of the course fee will be charged (unless a paying participant can take your place).
 - In case of cancellation up to 14 days prior to the start of the training, or in case of non-attendance on all course days, the full course fee is due.
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