

The following is common to all programs: Identify your personal learning goal or learning edge in relation to your chosen program. Daily reflections to do alone, weekly practices to do with a partner, and a monthly circle to share our learning and experiences with the complete group. In addition you will develop a journal practice, and have a monthly call with the facilitator.

PROGRAM TITLE AND PURPOSE	DESCRIPTION	YOU WOULD ENJOY TAKING PART IN THIS PROGRAM IF:	THREE MONTHLY TOPICS
MINDFUL COMMUNICATION: Learning Nonviolent Communication (NVC) from a place of mindfulness.	This program will introduce you to the Nonviolent Communication model using mindfulness practices.	- you are completely new to the NVC model, if you learn by doing, and if you enjoy practicing with others.	Differentiating judgments from observations; naming our feelings and needs; making requests.
CONNECTION, DISCONNECTION, RECONNECTION: To deepen your consciousness of nonviolence.	In this program you will deepen your NVC consciousness. We will do this by linking our practice of the four steps of the NVC model with our common experiences of Connection, Disconnection, and Reconnection.	- if you want frequent and regular opportunities to practice the language of NVC in a supportive environment with patient and engaging partners.	How we experience NVC in terms of our personal awareness of connection, disconnection, and reconnection.
DIALOG AND THE VERNACULAR: To become more fluent in the language of non-violence.	In this program you will deepen your ability to speak with a clear and authentic voice. Working with familiar situations, we will repeatedly translate our interactions into the formal language of Nonviolent Communication, and retranslate these back into the vernacular language we share with our family, friends, and co-workers.	- if you want to bring NVC more naturally and easily into the everyday world of family, work, and community.	Expressing Honestly; Listening Empathically; Develop the capacity to hold all the needs in a situation.
SELF-EMPATHY: To develop practices to connect with our inner wisdom.	In this program you will explore three various kinds of self-empathy, as well as establish a regular self-empathy practice	- you have a competency with NVC skills, and want to deepen your sense of self-connection; and develop and self-empathy practice.	Basic Self-empathy; Self-empathy with Inner Characters; Establishing a Self-empathy Routine.
PEACE WITH CONFLICT: To become familiar and choiceful about our habitual responses to conflict.	In this program you will develop an understanding about your habitual responses to conflict, and explore tools to address conflict with more acceptance and understanding.	- you find that you habitually turn away from common conflicts and misunderstandings in the home and in the workplace, and you'd like more choice about these responses	How we show up in the face of conflict; learning to anticipate our habitual responses to conflict; maintaining presence, moment by moment, in the face of conflict
CARING FOR CARERS: To learn to find a balance between caring for ourselves and caring for others.	By bringing our awareness to everyday actions and inner responses, we will learn to anticipate when care turns toxic, either for ourselves or for others.	- as a carer, you find yourself either burnt-out or losing your ability to care for another, this program will show you ways to reconnect with your compassion, avoid what drains you, and offer care in such a way that acknowledges all the needs in a situation.	Identifying needs; Deep Listening to self and others; Acceptance and Letting Go.
CREATING INNER SPACE: To develop a personal practice.	This program invites participants to work independently by designing their own series of activities, and to work interdependently by taking weekly calls with other participants, and taking part in the monthly circle with the whole group.	- you'd like to explore in your own time and in your own way specific teachings that seem important to your learning at this time. And if you would enjoy solidarity from others on their own path of independent study.	Monthly topics could include the following: Setting a monthly intention; explore blocks to practice; establish the best ways to review our practice and intention.