



Power-with Leader Development Program (PLDP), Level 1: Leading Yourself

Leading Yourself: **Engaging the Power through NVC** : : June 3-5, 2011 (NEW DATES!)

This unique three-day NVC workshop focuses on connecting to our own self-empowerment--even in the face of those who want power over us or in the face of those who are not taking responsibility for themselves. We'll explore how our own thinking can disempower us or disempower those around us. Through awareness of how each of us get enmeshed in common group reactive patterns, we'll learn needs-based skills and strategies so that we are able to stay grounded, connected with the people around us and focused on what matters most.

Clarity of Self-Responsibility Language and thinking that denies responsibility for ourselves
Awareness of ways we give away our responsibility to or take responsibility for other people
Speaking truth to power Inviting others into their power Emerging from the "Drama Triangle"

Leading Yourself: **Needs-Based Communication Foundations** : : June 2, 2011 (NEW DATE!)

This one-day NVC Foundations workshop provides an experiential framework from which to learn the basic concepts of needs-based or nonviolent communication (NVC). We explore the common and real situations where we are triggered into an unconscious reaction (i.e. fight, submit or flee) and witness a new way to perceive these situations as an opportunity for connection to self or others.

Experiencing NVC: the "Four Ears" exercise Connecting to what matters
Expressing authentically Listening empathically

Venue: These Oklahoma City workshops will be hosted at the Cambria Suites, 4410 SW 19th Street, Oklahoma City, OK 73108. Lunch each day is included for each workshop. You are responsible for all travel, accommodations and meals (except for lunch) expenses during each workshop.

Tuition: If you would like to try a workshop before entering into the program, the tuition for any single 3-day workshop is \$US 750. The 1-day workshop on "Needs-Based Communication Foundations" is an optional workshop which meets the pre-requisites of the program and for which tuition is \$250, or \$200 if two or more people register from the same organization..

Sponsors: These Oklahoma City workshops are being sponsored by Physicians Liability Insurance Company (PLICO) and Compassionate Communication Oklahoma.

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Facilitators:



Gregg Kendrick, a certified trainer for the Center for Nonviolent Communication, serves as an Associate Trainer for the NVC Training Institute and is the Founder and Executive Director of Basileia LLC.



Wes Taylor has been working full time in the discipline of Nonviolent Communication since 1998. Currently he is responsible for creating alignment in the workforce and culture of Mercy Medical Center, a large inner-city hospital in Baltimore, MD.

Registration

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