



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

The “Leading Yourself” program was designed for people within businesses and nonprofits who would like to learn the skills of needs-based communication and needs-based organizational structures. As the first level of a two-level program, it focuses on the core skills of an integration of the processes of Nonviolent Communication™ (NVC) and Dynamic Governance™ (DG). While NVC is often applied to personal healing or intimate relationships, this program is unique in its application of NVC to working relationships within workplace environments. The second level of the program applies these core skills to “Leading Teams.”

Program includes

1. Five (5) three-day experiential workshops, spread over 12 months
 - :: You may enter the program in any month
 - :: You may retake any workshop (on a space-available basis) in the following 12 months after your program ends
2. Monthly group mentoring sessions via teleconference in the months between workshops
3. Weekly skills practice with your colleagues in the program
4. Learning materials: workshop manuals and handouts, plus three books -
Speak Peace in a World of Conflict, Words That Work in Business, We The People

Pre-Requisite

Needs-Based Communication (NVC) Foundations (#NVC0) or its equivalent of six to eight hours introduction to needs-based communication (NVC). If you do not have this pre-requisite, then let us know as we may occasionally have a one-day “Needs-Based Communication Foundations” session to precede one of the scheduled workshops within the PLDP L1 program which would fulfill the pre-requisite.

Tuition

\$4,500 per person (not including travel, accommodations, breakfast or dinner for workshops). If you would like to try a workshop before entering into the program, the tuition for any single 3-day workshop is \$US 750. Financial assistance opportunities are available.

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

Online:
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Phone:
(405) 823-7801



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Program Overview

Content of Workshops

#NVC1: Moving from Unconscious Reaction to Conscious Response

- Recognize when in reactive energy
- Connect to personal needs, feelings
- Explore common reactive triggers
- Self-Care: "Manage Your Energy, Not Your Time"

#NVC2: Powerful Working Relationships

- Expressing appreciation (vs. compliments)
- Expressing disagreement (vs. blame or criticism or "no")
- Transforming your anger into connection without losing intensity
- Empathic listening
- Hearing appreciation (vs. compliments)
- Hearing disagreement (vs. blame or criticism or "no")
- Connecting with intense responses in others

#NVC3: Engaging the Power through NVC

- Language and thinking that denies responsibility for ourselves
- Awareness of giving away our responsibility to other people
- Awareness of taking responsibility for other people
- Speaking truth to power
- Inviting people into their power
- Emerging from "the Drama Triangle"

#NVC0: Needs-Based Communication Foundations

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

#DSG1: Dynamic Governance Foundations

- Core principles
- Circle meetings
- Circle roles
- Circle structure
- Functional Hierarchy vs. Power within Circles
- Workflow: Lead - Do - Measure
- Personal Development Plan

#DSG2: Domains, Ownership and Mutual Accountability

- Behave like an owner: holding the whole
- Building the fabric of community in a living organization (overview)
- Building a workgroup (team)
- Foundational business skills
- Fulfillment of Domain, Aim and Purpose
- Making clear agreements
- Accountability to yourself, each other, the circle
- Measurement => Feedback, Learning, Accountability

Our mission within the PLDP program is to develop leaders who have the consciousness, skills and structures to empower people and to co-create a human-needs-centered organizational culture. These leaders transform "power-over/under" strategies to "power-with" structures and approaches that create an environment of autonomy, inclusion, accountability, clarity and shared purpose.

Workshop dates in 2011 and 2012 in Oklahoma City, OK

- #NVC3: June 3-5, 2011
- #DSG2: July 19-21, 2011
- #DSG1: September 13-15, 2011
- #NVC1: December 2-4, 2011
- #NVC2: February 17-19, 2012
- #NVC3: May 18-20, 2012
- #DSG2: July 17-19, 2012

Venue: These Oklahoma City workshops will be hosted at the Cambria Suites, 4410 SW 19th Street, Oklahoma City, OK 73108.

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