



Workshop

Mediation in practice

16. – 18. October

Darmstadt, Germany

Do you want to mediate in conflicts and need training?

Are you caught in a conflict that seems irresolvable and would like to find a way out that is respectful for all?

We offer theory, observation and mediation practice.

Imagine a society where ...

conflicts are mediated with respect for all involved,

dialogue is non-judgmental and has focus on the feelings and needs of both sides,

letting go of fixed strategies can be a relief, and we can have fun and creativity in opening up to solutions where everybody's needs are met,

we can truly appreciate differences in opinion and values, knowing that disagreement can help us to learn, grow and develop.



This workshop is for

anyone with 8 days of NVC training who wants mediation skills and practical training. People in professions, parents and others can witness and practice mediation. We also invite participants who have their own, or live with people who have a conflict, to work on it. You may bring the party too, if they are willing to work on it with observers.

We will:

- Share theory, inspiration and clarity on how we can mediate from nonviolent values and the process of NVC. We show how NVC can support us in living basic human values such as autonomy, mutual respect, equality and inclusion in our everyday life and relationships.
- Demonstrate mediation using NVC. Then we train participants in mediating live conflicts, with awareness of the needs of all involved.
- Work with both role plays and life situations.

As a participant you will:

- Learn basic theory about mediation of conflicts.
- Observe mediation of a live conflict.
- Train as a mediator with NVC consciousness.

Trainers at the workshop:

are the members of the Mediation Team of the Europe Africa Circle of NVC.



Irmtraud Kauschat, Darmstadt, Germany. Is a Certified trainer and also works as doctor with Chinese Medicine. Her two children are grown up. She is integrating NVC in her daily work with patients, giving seminars on NVC in conflict resolution in Germany and Kenya. She has experience in working with groups like her local group, the German speaking Network (D-A-CH), the Europe Africa Circle and the Global Community Circle.



Bjarte Bjørsvik, Bergen, Norway. Is a mediator in the Norwegian Mediation & reconciliation service, teacher of Conflict transformation at Transcend Peace University, NVC trainer and leader of the Norwegian circle. With an MBA he has been working on international relations for 20 years: with NGOs, as a journalist and UNDP in Guatemala, peace worker limiting EU arms exports and for integration of immigrants in Norway.



Gitte Kjær-Westermann, Copenhagen, Denmark. Gitte is a Certified trainer in NVC, and has additionally a Master in Public Administration and an MBA with focus on organizational behavior and human resources. She is the mother of four children and has several years of experience working with NVC, cooperation and conflict resolution with children and adults, in institutions and companies. She is the leader of the NVC Nordic Baltic Circle. She writes and translates books. www.livingcommunication.dk

Practical information:

- Date:** Friday 16. – Sunday 18. October 2009
- Time:** Friday 16:30–21:00, Saturday 09:30–16:00, Sunday 09:30–15:00
- Venue:** Bessunger Knabenschule, Ludwigshöhstr.42, Darmstadt
- Tuition:** 300 Euro (Please ask if this doesn't match your budget).
- Lunch:** Please bring your own food.
Beverages and fruit are included in the price.
- Language:** English, with translation into German being an option.
- Registration:** Irmtraud Kauschat on irmtraudkauschat@yahoo.de or phone (+49) 61 51 10 10 275 before 1. October.