

Eastern European NVC Network Newsletter

Future Events

ESTONIA

Art Of Living Together

9–15 April 2009 Haapsalu

Contact : eva.ladva@gmail.com

HUNGARY

Second Intensive Training

10–17 July 2008 Piliscsaba

Contact : sealhu.hava@gmail.com

POLAND

Living with Integrity

19–25 July 2008 Warsaw

Info : www.live-with-integrity.com

East West Advanced

27 July –3 August 2008 Warsaw

Contact : eva@rambala.hu

ROMANIA

Navigate the Journey of Life

22 –24 August 2008 Nr Bran

Info : www.journey-of-life.com

NVC for Teachers & Parents

1 –4 November 2008 Bucharest

Contact : monica_reu@yahoo.com

TURKEY

Living, Exploring, Practicing

13–15 June 2008 Istanbul

Contact : sijazobi@gmail.com

Small steps and big steps

A warm welcome to our third Newsletter!

Small step. Eva Rambala has made contacts in 3 countries where NVC is not yet well known. Read more on page 2. Maybe this will be the start of a bigger step!

Big step. We now have a website! www.nvc-easteurope.org

There's plenty of useful stuff

there and I'm doing my best to keep it up to date. I'm looking for more content and my dream is that it will become a main source for what's going on in the region and to form connections across the region.

Small step. CNVC certification process has partially reopened. I know there are many people in the region hoping to follow the certification path so

maybe these small signs of progress will give some encouragement.

Big step. Hopefully by the time you read this we'll have confirmation of three new CNVC trainers in Poland. Ania Mills, Ewa Orłowska and me! Congratulations!

Ian Peatey

People Around The Region

Ewa Panufnik (Poland)

The first thing I heard about NVC was about a man with funny ears teaching it. I discovered that it was Marshall and the ears were giraffe and jackal ears—not his own!



And my first direct contact with NVC was at a summer camp in Denmark. I realised this was something important for me.

Most of the NVC work I do is through Dojrzewania Roz (www.dojrzewania.pl), of which I'm one of three founders. We focus on women's personal development and I'm very fond of the organisation because I found there a real depth of connection and mutual support. Our first project was a Conference for Women. I think all of us were amazed at how successful it was and how much people and organisations wanted to support our work. I'm still very much touched by it. NVC has become

a regular offering and an important part of my work. I've started to run some NVC sessions myself as well as continuing to invite other trainers.

Will I become a CNVC trainer? Ask me in a few months!

Merike Kahju (Estonia)

Liv Larsson and Kay Rung hooked me on NVC with their warmth and integrity. I didn't believe it possible to find people living what they 'preach'.

I don't remember what the training was about, in fact I thought I was going to something completely different.

I'm most proud that I finally got Liv and Kay to Estonia out of which we established 'Art of Living Together'. I'm also proud to have just finished the first 'official' NVC E-course in university.

My big dream is to have a strong NVC community in Estonia so I can nurture myself without travelling. Seems like there is now a core team getting deeply into it.

I also dream about creating a huge network of support for young people creating a family. 'Nest Education' is a life time project and involves lobbying decision makers to value parenting.

I always carry my life partner with me — my laptop. It was a gift from a friend when I started NVC as a full job.

It's very significant for me as it reminds me that I'm one of the pioneers working 100% with NVC.



Center For Nonviolent Communication

A global organization helping people connect compassionately with themselves and one another through Nonviolent Communication language,

created by

Marshall B. Rosenberg, Ph.D.

www.cnvc.org

Vision

A world where everyone lives and works in co-operation and where structures serve life and contribute to peace within individuals and society.

A living and sustainable Nonviolent Communication community in Eastern Europe.

Mission

Eastern Europe that works in partnership with the global network, local networks and each other to:

- provide network structures and space for connecting, celebrating, mourning and sharing experience
- support members' personal development
- co-work on international projects
- support creation and maintenance of local networks and teams

Activities

Currently we have established the following:

- Yahoo group to allow connecting and sharing information
- Website (www.nvc-easteurope.org)
- Teleclasses
- Newsletter
- Network meeting twice a year

Connect With Us

Contact **Monica Reu** (monica_reu@yahoo.com) if you want to find out how you can connect with this Network.

If you want to be added to the mailing list for this Newsletter, contact **Ian Peatey** (ianpeatey@quantumlearning.pl) or sign-up on our website www.nvc-easteurope.org

News From Around The Region

I don't want to shout too early, but there are 3 new countries involved in the Eastern European NVC world: Slovakia, Russia and Slovenia.

I've struggled for 7 years to find and support sustainable NVC connections. I know from experience I'm supposed to wait a couple of years to see what is happening before I say these sentences. But now I would like to trust.

Start with **Slovakia**. Thanks to Cynthia Barrio's efforts we had a newspaper article in Czech Republic, and to my great surprise this was read in Slovakia as well. I got a couple of invitations to do some training in a university and in Dunajská Streda (where we are applying for EU funds to start a two-year long school project). I am really happy as it's one of my greatest dreams to be part of this kind of thing. I also feel a little worried as taking on responsibility for two years is a little strange as I'm used to great freedom.

I believe Budapest (right) is the most wonderful city in the universe, but I have the sense

Ljubljana (above right) in **Slovenia** is one of the most liveable places in Europe. There are just over 250 000 people and, since it is the capital,



everything is there: nice weather, Austrian order, Italian beauty. One day I got an e-mail from Robert Krzisnik, who lives there, has quite some NVC experience and would like to have more. This was the first time I heard someone read about the Eastern European project on CNVC's website and contacted me based on that. So I came to the conclusion no information is wasted on the web.

After being in Moscow twice and trying my best to establish connections in **Russia** I had a hard time to imagine this can really happen. I've already met about 10 different people who promised me help to start something. The other day I met two interesting ladies from St. Petersburg. We've had one conversation, but each long trip starts with a first step.

I would like to offer these people a nice welcome and I hope for a long lasting relationship.

Eva Rambala
Budapest, HUNGARY



I celebrate a very satisfying and nurturing 6th experimental NVC week "Art of Living Together" coming from 6 years of cooperation with Liv Larsson and Kay Rung. We had 34 participants from 10 countries from all over Europe plus the USA. I feel so nurtured by the feedback that participants shared. Many of them announced that we created a



space where deep transformation, healing and connection happened. Some of them said that this week showed them how they want to live! I feel deeply satisfied about how we led this week - working and playing together before, during and after! And how much I see we have grown during these years! This is a great source of nurturing for me in many ways!

My second celebration is about a weekend training in Romania I led with Ian Peatey. This was our first time to work together and I celebrate the connection, trust and fun we had. I also feel tremendous gratitude towards Mona Reu—the "NVC Engine" in Romania - who organised this training. Having been a "first one" and quite lonely in Estonia, I so much enjoy contributing to her work and the growth of NVC there!

Third celebration is about 25 university students who recently graduated in their one-year NVC E-course! These students will now go back to their workplaces (kindergartens!!!) and bring NVC with them! I celebrate that in our final one-hour open presentation the rector of the University was present. He enjoyed what he heard and saw and also expressed his interest to bring NVC to all university teachers.

Ahh! What a joy to see all those seeds growing in different parts of the world as well as in my own home .

Merike Kahju
Tallinn, ESTONIA