

Issue 1

Spring 2007

Eastern European NVC Network Newsletter

Upcoming Events

POLAND

East West Advanced Training

21–28 July 2007

Milanówek (Nr. Warsaw)

Contact: aniamills@wp.pl

NVC Family Camp

29 July–4 August 2007

Milanówek (Nr. Warsaw)

Contact: zuczek@wp.pl

NVC Family Camp

24–31 August 2007

Gródek (Nr. Kraków)

Contact: zuczek@wp.pl

ESTONIA

Art of Living Together

5– 11 April 2007

Haapsalu

Contact: eva.ladva@gmail.com

Next Network Meeting

20/21 and 28/29 July 2007

Milanówek (POLAND)

Welcome

Welcome to the first Newsletter of the Eastern European NVC Network. Please send this to anyone you think may be interested in receiving it.

My intention with this newsletter is to provide information and news from around the region. I've deliberately kept this first letter small and to write it around twice a year. But who knows? Maybe this is the start of something much bigger????

What is this network all about?

The Network was born on 30 June 2006 in Poland during a training run by Eva Rambala. The Network was started to 'contribute to meeting the needs for support, belonging and structure of the people involved in Nonviolent Communication in Eastern Europe'.

Since then we have had monthly circle meetings (via teleconference) using the socio-cocratic method for decision making and governance and celebrate our first face to face meeting in February 2007.



East-West training 2006—where it all began

Vision Quest—Network meeting February 2007

For 4 days a group of 9 of us met in Belis (Northern Romania) for the first meeting of the Network.

Eva Rambala facilitated (and participated) with our goal to establish the Vision, Mission and Aims of the Network with time to connect and relax far away from the noise and chaos of the city.

Highlights of the meeting were the hospitality of our host, the

achievement of our goals and a lot of learning about the challenges of creating an organisation where everyone's needs can be met.

Hungary, Romania, Poland, Germany, Great Britain and Estonia were all represented at the meeting.

So what did we create?

First—the Network is open to anyone. An Email address and some knowledge of English language are needed. To connect with the Network we ask for a note about who you are and your intention in joining the Network (see page 2 for contact details).

Second—we agreed our vision, mission and aims (see page 2).

Third—we started specific initiatives:

- Two face to face meetings annually
- Teleclasses
- Coaching support
- Internet site

Fourth—Laura Liliom was elected as representative of the Network in the Global Coordinating Circle of the Center for Nonviolent Communication.

Contact lliliom@issa.hu

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



Relaxing in a local restaurant after a day of hard work

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

A network of people involved in Nonviolent Communication in 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
- Monthly teleconference calls for decision making
- Teleclasses
- Newsletter
- Network meeting

And we are working on a website, resource centre and how we can support local groups and the global network.

Connect With Us

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

If you would like to contribute to future copies of this Newsletter, contact **Ian Peatey** (ianpeatey@quantumlearning.pl)

News From Around The Region

Estonia

We are discussing with the University for Kindergarten Teachers about a three-year NVC project for kindergarten teachers and students to become NVC trainers. A team of Estonian NVC friends and representatives from the University are working on the project description, the aims of which are to

- support the creation of emotionally safe environments in kindergartens
- promote NVC as a tool for developing emotional intelligence and social skills for people from a young age
- support social change towards a partnership culture in individuals, organisations and society.

The project is planned to consist of 4 parts:

1. teaching NVC to teachers, kids and parents from at least 1 kindergarten
2. creating methodical materials for adults and kids
3. researching project progress and results and promoting results in society
4. creating promotional DVD-s and/or TV programmes based on the project.

Project team is open for possible partners from other Eastern European countries. If you are interested contact *Merike Kahju* +372 55 518 652

Hungary

On 17 February I had a workshop for people living in a refugees camp in Hungary. I was more than touched with their interest in NVC and I just realized how difficult it is to connect with people if they have a total different cultural background and life situation.

(*Eva Rambala—Budapest*)

Czech Republic

I am sharing news with you that Portal Publisher has decided to publish Marshall's book in Czech language and it will be distributed in Slovakia and Czech Republic. I am celebrating that this is a step

forward for spreading NVC in this world. Thanks to those who supported this!
(*Cynthia Barrio—Prague*)

Moldova

I am planning a project in Chisnau together with Marianne Göthlin,, Towe Widestrand and Niclas Rönström (from Sweden) entitled 'Joyful Learning in Public Schools. We are aiming to run a 5 days training 5–9 th August 2007. I would be especially happy to receive contact with anyone who might be able to sponsor this—in particular financially.

(*eva@rambala.hu*)

News From Around Outside The Region

Members in S&EA/O, a Circle whose comprised of trainers and supporters working to share Nonviolent Communication in South and East Asia and Oceania, have agreed by consent to establish legally-registered non-profit entities in three countries – Australia, New Zealand and Singapore - by the end of 2007.

In each country, the legally-registered entity will seek to provide project management services, advanced training, financial support, materials, etc. to individuals and teams wanting to share Nonviolent Communication through specific programmes.

Meanwhile, S&EA/O aims to provide similar services to a

geographical region that is home to more than half the world's population – for example, it is contributing facilitation to a Circle that is now being formed in Australia. Copies of minutes from its monthly teleconference meetings are at <http://groups.yahoo.com/group/CNVCinSEAO/>

(*Liz Gay—Singapore*)

Liz has been facilitating our monthly teleconferences using principles of sociocracy—we are very grateful to Liz for her support.