

# THE DIVERSITY RETREAT

Nonviolent Communication (NVC)  
and Race, Ethnicity & Social Class in North America

Trainers: Roxy Manning, Jane Connor, Nancy Kahn, Edmundo Norte

Start: Sunday August 2, 2009 at 5pm

End: Friday August 7, 2009 at 3pm

Location: Ben Lomond Quaker Center,  
Santa Cruz mountains, California

Explore and experience how NVC can support

- greater **connection** among persons from diverse groups, especially around issues of inequity and injustice
- **healing** of wounds from painful experiences associated with race, ethnicity and social class
- greater **effectiveness** in social change efforts
- identification of **shared values** within conflicts
- **communication** of your truth to support you in asking for what you want

Learn how to enrich your NVC work with

- more **awareness** of the challenges facing persons from diverse backgrounds in NVC trainings and the NVC network
- deeper **understanding** of how the experiences of persons from diverse backgrounds can enrich the development and expansion of NVC

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## Registration

Contact BayNVC to register.

## Financial contribution

The requested financial contribution has two parts:

1. your tuition contribution:  
sliding scale, \$400 - \$800
2. your basic expenses  
(room and board):
  - Camping - \$375
  - Double/Triple Occupancy - \$500
  - Single (if available) - \$600

The required deposit is your basic expenses contribution.

Please visit our website to read our philosophy about money and learn about alternate financial arrangements.



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NVC and Race, Ethnicity & Social Class in North America



Sometimes I feel hopeless that my experience can be deeply understood by someone from a different racial/ethnic/social class than me.

Sometimes I feel frustrated when I hear certain ideas repeated about people from distinct groups because I experience these feelings and ideas as barriers to connection.

Sometimes I feel despair about being able to have effective and honest dialogues with decision makers in larger systems that have power over others (like the justice system, educational system, social services & INS).



## **NVC: A Language of Compassion That Can Help Us Walk the Talk of Critical Social Change**

At this retreat, move towards **a world where everyone's needs matter.**

- Learn the basics or deepen your knowledge of NVC.
- Engage in mutually authentic and vulnerable conversations about the impact of race, class and ethnicity in people's lives.
- Gain experiential practice with the tools of NVC, noticing how they integrate with and/or enhance other effective diversity practices and modalities

For more info visit <http://diversity.learnnvc.com>