

Course [Dialogue Dance: NVC Practice Group](#)
Facilitator [Selene Aswell](#)
Location City Center, Dublin, Ireland
Length 8 Sessions, fortnightly, 2 hours each
Cost 25€ per session
Dates September - Early December 2018
 Repeated Jan - April 2019
 Specific Dates/Times determined by interest
 See [registration form](#) for details



Material The NVC Dancefloors are a method of learning NVC created by Brigdet Bellgrave and Gina Lawrie, NVCDancefloors.com

Course Outline

Session 1 Session 2 Sept 2018	The 13 Step Dance <ul style="list-style-type: none"> Practice shifting dynamically between self connection and connection with another through dialogue. Distinguish observations, feelings, needs, and requests (OFNR) Practice applying OFNR in all modes: self connection, expression, and hearing the other person.
Session 3 Oct 2018	The 13 Step Dance <ul style="list-style-type: none"> See above description Practice translating the other's words into "NVC"
Session 4 Oct 2018	The Integration and Connection Dance <ul style="list-style-type: none"> Practice colloquial/natural expression of OFNR Practise making connection requests. Practice when to make connection requests vs action requests Become aware of conscious choice in which mode to use (self connection, expressing or listening)
Session 5 Nov 2018	The Integration and Connection Dance <ul style="list-style-type: none"> See above description Practice translating the other's words into "NVC"
Session 6 Nov 2018	The Fluency Dance <ul style="list-style-type: none"> Increase listening skills by balancing expressing your own requests with the listening for the other person's requests. Practise spotting the signals from another person that indicate their connection requests. Practice holding your own needs and the other's needs simultaneously. Experience the shift that comes when both people's needs are heard and respected, and how creative ideas then flow for actions that can satisfy everyone. Weave all the modes (self connection, expression, or listening) together into a fully fluent needs-based dialogue.
Session 7 Nov 2018 or Early Dec 2018	The Fluency Dance <ul style="list-style-type: none"> See above description Practice when the person you are speaking to is not using "NVC"
Session 8 Early Dec 2018	Freeform Dance <ul style="list-style-type: none"> Practice freeform dialogue