Shamelessly Alive NVC Women’s Practice & Support Group

Syllabus – April 2016

**April 28th - Opening Evening**: Welcome. Our bios, hopes, intentions, overview of the course.

**May 5th – MODULE 1: Self-Empathy: The Foundation for Shameless Aliveness.** Think about the last time you had conflict with someone. What was your internal experience like? How resourced were you with support? How connected were you to your own self-compassion? Practice with the 10-Step Shameless Self-Love Process.

**May 12th** −Open Practice

**May 19th** − **MODULE 2 – Compassionate Communication When the Other Person is Acting Like a [Insert Expletive Here]** – Explore the “moment of choice” (to dialogue or not to dialogue), how to resource ourselves with empathy and, when we’re ready, to speak from and to the heart.

**May 26th** − Open Practice

**June 2nd** − **MODULE 3 – Bringin’ Up the Hard Stuff** – Requesting dialogue when we’re scared, and initiating in ways that bring us back to connection.

**June 9th –** SUMMER BREAK

**June 16th** − Open Practice

**June 23rd** − **MODULE 4 – NVC as Spiritual Practice** - What does NVC require that we surrender? In what ways does NVC invite our empowerment even as we release attachment to outcome? In addition, we’ll explore how we can offer those around us the “spirit” of empathy, both with and beyond words?

**June 30th**  − Open Practice

**July 7th** − **MODULE 5 – The Power of Making Vulnerable Requests** – How do we reclaim our birthright to request that which “makes life wonderful” for ourselves and those around us? Returning to the beauty of our needs, and identifying the barriers that keep us silent and hold us back from meeting them.

**July 14th** − Open Practice

**July 21st** − **Closing Evening**. Mourning, harvesting, and celebrating, NVC style.

*Marina Smerling*

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 *www.shamelessheart.com*