

## HOLD COUNCIL USING NVC

The combination of Council and NVC into one communication experience brings the connection to a higher level.

It's really simple to do this, here are the steps:

### I. Create your circle with your talking piece and your candle.

### II. Bring in the Five Intentions of Council.

1. **Speaking from the heart** - Speaking about something that creates passion within yourself.
2. **Listening from your heart** - Listening with compassion.
3. **Being of lean expression** - Be brief. Say just what is important — leave out anything that is not essential.
4. **Spontaneity** - Set the intention not to rehearse what is to be said. Ask yourself, "Will speaking this serve me? Will speaking this serve the circle? Will speaking this serve the greater good?"
5. **Confidentiality** - What you hear in the circle stays in the circle.

### III. When you are speaking and listening, use NVC

#### A. Express Honestly: The Four Steps to the NVC Process.

1. The concrete actions we are *observing* that are affecting our well-being.
2. How we *feel* in relation to what we are observing.
3. The *needs*, values, desires, etc. that are creating our feelings.
4. The concrete actions we request in order to enrich our lives.

#### B. Listen with Empathy.

1. Release all judgment.
2. Listen from your heart.
3. Be present.
4. Listen for what the person is (1) observing, (2) feeling, (3) needing, and (4) requesting.
5. Paraphrase what you've heard back to the speaker by asking questions until you get it right.
6. Give empathy to yourself. We must be filled up with compassion in order to give compassion to others.