

"Peace requires everyone to be in the circle - wholeness, inclusion." - Isabel Allende

# The Diversity Retreat

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



**Join us** in developing both greater critical awareness of the impact of race, ethnicity, and social class on communities and individuals, and also a greater capacity for compassionate, healing connection with one another across these and other social barriers, as the basis for creating more connected, effective, and transformative social change.

Grounded in principles of NVC, at this six-day retreat we will:

- **explore** how existing power dynamics in North American society, including economic and political structures, impact our ability to connect with our own and others' full humanity;
- **examine** through a new lens, the real wounds and societal messages we've received about our own and others' race, ethnicity and social class; begin to find ways to **heal** and move past the impact of those experiences and messages;
- **learn** and deepen our practice of concrete communication skills that can support authentic connections across race, ethnicity and class barriers;
- **understand** how to deepen your connections with others, regardless of their background, through authentic, honest and compassionate communication;
- **identify** effective strategies to support engagement with those currently working within the systems of power in North America;
- **share** with each other the practices and strategies that support the building and strengthening of organizations and communities focused on creating transformative social change.

## The Diversity Retreat

August 9 - 15, 2010  
Santa Cruz Mountains, CA

<http://diversity.learnnvc.org>  
[Barbara.Kochan@LearnNVC.org](mailto:Barbara.Kochan@LearnNVC.org)

Requested Contributions:

**Tuition:** \$400 - \$1000

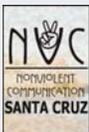
**Room and Board:**

- \$675 - \$830 - ages 12 and up
- \$275, ages 4 - 11 in shared room
- free, children under 4

Financial aid is available.

MFTs and LCSWs can earn 42 CEUs

Sponsored by:



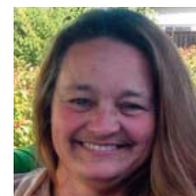
## Our Trainers



Nancy Kahn  
social worker



Roxy Manning  
psychologist



Kristin Masters  
CNVC  
certified trainer



Edmundo Norte  
diversity trainer

## Youth Program

ages 3 & up

In order to make this program accessible to everyone, including parents who would find it hard to attend without safe, affordable care for their children, we're delighted to offer our youth program. Youth will participate in fun activities based on their needs and preferences, including swimming and hikes at our beautiful site. Our youth program's lead trainer, Cathy Bucher, M.Ed., has over 20 years teaching experience and has supported youth in NVC environments for many years. Visit <http://diversity.learnnvc.com/youth.html> for more information.