

The NVC Dance Floors

by Bridget Belgrave and Gina Lawrie

for learning and practising NVC in workshops, in practice groups and at home

What they are

The NVC Dance Floors are spatial maps made up of large cards that place NVC processes on the floor in various layouts called 'dances'. Each card represents a step in a dance of communication. These steps can be used in any sequence to support authentic, flowing, conscious communication.

People learning NVC walk through the steps, often with coaching from a trainer, or support from people in their practice group.

There are nine 'dances', each designed to develop awareness and skills in a particular area of NVC. Four are 'Inner-Outer Dances' for role-playing a dialogue. Five are 'Inner Dances' for transformative inner processes.

4 Inner-Outer Dances	For role-playing a dialogue
1) 13 Step Dance	Learn and practise the basic skills
2) Integration & Connection	Internalise the process and develop connection
3) Fluency Dance	Remain compassionate whatever the situation
Connect with Respect	13 Step Dance adapted for use with youth/intro groups
5 Inner Dances	For transformative inner processes
The Self Empathy Dance	Take some time for self-care, inner clarity and self-empowerment
The Anger/Shame Dance	Transform anger and shame into constructive internal states, to reconnect with what really matters
The Educator/Chooser Dance	Explore something you did that you regret, in a way that leads to genuine self-acceptance.
The Yes/No Dance	Move beyond inner conflict and uncertainty to take a decision you won't regret.
Transforming the Pain of Unmet Needs to the Beauty of Needs	Transform the pain of unmet needs to the beauty of needs, to heal deep pain from the past.

What they offer you

- A clear, practical method of learning and practising NVC that has been tried and tested around the world
- A support for your NVC practise that guides you without restricting you
- A non-linear approach, with flow, freedom, depth and clarity
- A way to integrate bodily, auditory and visual ways of learning
- Active and reflective learning
- Clarity that 'listening to your blaming, judging and interpretations' is an integral and essential part of NVC processes
- Awareness of three modes in communication: 'expressing myself', 'receiving others' and 'connecting with myself'
- The subtlety, aliveness and flexibility gained by moving freely and consciously between the three modes
- A chance to witness and support another person's inner and outer process

"I found I was much more free with my own inner process being able to get up and move around."

How the NVC Dance Floors developed

Bridget Belgrave and Gina Lawrie learned NVC with its founder Marshall Rosenberg, and began working as certified trainers with the international Centre for Nonviolent Communication in 1996/7. They have contributed to spreading NVC and supporting trainer development worldwide, especially in Europe, Australasia, India and North America.

From the beginning of her work with NVC, Bridget used colour-coded cards to support people learning the ingredients of Nonviolent Communication. In 1999 she was inspired by Klaus Karstædt's work with chairs and NVC. Bridget and Gina adapted and developed this, trying various layouts. Labels on the chairs soon became cards on the floor. The physicality of standing and moving on the cards inspired the metaphor 'Dance Floor'.

In the following years Bridget and Gina created six more 'Dance Floors' to help people understand and work with the teaching of Marshall Rosenberg. The 'whole' of these seven dance floors was unexpectedly more than the sum of its parts, providing an integrated method for teaching, learning, experiencing and practising NVC.

Receiving requests from around the world, Bridget and Gina wrote the Facilitator's Handbook, published it and the original seven Dance Floors, and launched them at the international NVC Convention in Germany in 2003. Since then they have been supporting the spread of the Dance Floors, and the quality with which they are used, so that this approach can reach people who would benefit from it.

In 2005 they added the 'Connect with Respect' Dance for use with younger people, and in 2009, in collaboration with Robert Gonzales and Susan Skye, they created a new Dance, 'Transforming the Pain of Unmet Needs to the Beauty of Needs'.

In 2013 they published three two-hour instructional Dance Floor DVDs in collaboration with Elkie Deadman and Sander van Gaalen; an smartphone App 'NVC Dialogue' in collaboration with Martyn Ceelen; and an online coaching tool in collaboration with Pauline Dirksen.

The Dance Floor materials are available worldwide

Accessibility: Bridget and Gina wish to make this work widely accessible. For simplicity and sustainability they use an online shop to sell the materials. However if you are not able to use an online shop, please email the address below. Also, if you are not at ease with the price of the materials, please contact us and say what price would work for you.

Languages: NVC Dance Floors are available in many languages including: English, Arabic, Dutch, French, German, Italian, Japanese, Korean, Mandarin, Norwegian, Russian, Spanish, Swedish. The Handbook is available in several languages including: English, French, German, Mandarin. We request everyone using the Dance Floors with a group to read the Handbook if possible, so that this method is used with its full subtlety, depth and sensitivity. The App called 'NVC Dialogue' is based on the 13 Step Dance Floors, and is only available in English. The DVDs have subtitles in six languages. See our website for all the languages of our materials - they are not all listed above!

Workshops: Many NVC trainers worldwide include the Dance Floors in their workshops as a way for participants to learn and experience NVC. Bridget and Gina - and other trainers who they recommend - offer trainings around the world and online, where you can learn how to use the Dance Floors in one-to-one sessions, practice groups and trainings.

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