

# London NVC Network: Trainings 2021

If you are new to Nonviolent Communication,  
start by doing a **NVC Foundation Training**

Note: Please scroll down for **Intermediate Training** & **Practice Opportunities**

Day/s and Time/s (London)	Dates	No. of hrs/sessions	CNVC Trainer	Booking Link
<b>JANUARY START</b>				
Tuesdays 7.00pm-9.30pm	Jan 5, 12, 19, 26 & Feb 2	Weekly 5 x 2.5hrs sessions	Ceri Buckmaster	<a href="#">BOOK HERE</a>
Wednesdays 7.00pm-9.00pm	Jan 18, 25 & Feb 1, 8, 15, 22	Weekly 6 x 2hrs sessions	Tracy Seed	<b>FULLY BOOKED</b>
<b>FEBRUARY START</b>				
Tuesdays 6.30pm - 9.00pm	Feb 2, 9, 16, 23 & Mar 2	Weekly 5 x 2.5hrs	Carolyn Davies	<b>Fully Booked</b> <a href="#">BOOK HERE</a>
Sat & Sun 9.30am-1.30pm (9.30am-3.30pm on 28th )	Feb 20, 21 & Feb 27, 28	4 x half day sessions	Daren De Witt	<a href="#">BOOK HERE</a>

## MARCH START

Sat & Sun Mornings (9.30am - 1.15pm including 30 min break)	Mar 6, 7 & Mar 13, 14	4 x half day sessions	Cath Burke	<a href="#">BOOK HERE</a>
Sat & Sun 9.30am-1.30pm (9.30am-3.30pm on 28th )	Mar 20, 21 & Mar 27, 28	4 x half day sessions	Daren De Witt	FULLY BOOKED
Wednesdays 6.30pm - 9.00pm	Mar 24, 31 & Apr 7, 14, 21	Weekly 5 x 2.5hrs	Carolyn Davies	FULLY BOOKED
Tuesdays 7.00pm - 9.00pm	Mar 16, 23, 30 & Apr 6, 13, 20	Weekly 6 x 2hrs	Carolyn Davies	FULLY BOOKED

## APRIL START

Wednesdays 7.00pm-9.00pm	April 14, 2, 28 & May 5, 12,19	Weekly 6 x 2hr sessions	Tracy Seed	FULLY BOOKED
Tuesdays 7.00pm-9.30pm	April 20, 27, & May 4, 11,18	Weekly 5 x 2.5hr sessions	Ceri Buckmaster	FULLY BOOKED

## MAY START

Sunday 10.30am - 4.30pm	May 9, 16	2 x full day sessions	Tracy Seed	<a href="#">BOOK HERE</a>
Wednesdays 6.30pm - 9.00pm	May 12, 19, 26 & June 2, 9	Weekly 5 x 2.5hr sessions	Carolyn Davies	<a href="#">BOOK HERE</a>

Sat & Sun 9.30am-1.30pm (9.30am-3.30pm on 23rd )	May 15, 16 & May 22, 23	4 x half day sessions	Daren De Witt	<a href="#">BOOK HERE</a>
<b>JUNE START</b>				
Sat & Sun Mornings (9.30am - 1.15pm with 30 min break)	June 12, 13 & June 19, 20	4 x half day sessions	Cath Burke	<a href="#">BOOK HERE</a>
Wednesdays 7.00pm-9.00pm	June 16, 23, 30 & July 7, 14, 21	Weekly 6 x 2hr sessions	Tracy Seed	<a href="#">BOOK HERE</a>
Sat & Sun 9.30am-1.30pm (9.30am-3.30pm on 27th )	June 19, 20 & June 26, 27	4 x half day sessions	Daren De Witt	<a href="#">BOOK HERE</a>
Wednesdays 6.30pm - 9.00pm	June 30 & July 7, 14, 21, 28	Weekly 5 x 2.5hrs	Carolyn Davies	<a href="#">BOOK HERE</a>
<b>JULY START</b>				
Sat & Sun 9.30am-1.30pm (9.30am-3.30pm on 1st )	July 24, 25 & July 31, Aug 1	4 x half day sessions	Daren De Witt	<a href="#">BOOK HERE</a>
Tuesdays 6.30pm - 9.00	July 13, 20, 27, August 3, 10	5 evening sessions	Carolyn Davies	<a href="#">BOOK HERE</a>
<b>AUGUST START</b>				
Sat & Sun 9.30am-1.30pm (9.30am-3.30pm on 5th )	Aug 28, 29 & Sept 4, 5	4 x half day sessions	Daren De Witt	<a href="#">BOOK HERE</a>

## SEPTEMBER START

Wednesdays 6.30pm - 9.00pm	Sep 8, 22, 29 & Oct 6, 13 (we skip sep 15)	Weekly 5 x 2.5hrs	Carolyn Davies	<a href="#">BOOK HERE</a>
Thursdays 2-4.30pm	Sep 9, 16, 23, 30 & Oct 7	Weekly 5 x 2.5hrs	Ceri Buckmaster	<a href="#">BOOK HERE</a>

## OCTOBER START

Sat & Sun Mornings (9.30am - 1.15pm with 30 min break)	Oct 2, 3 & Oct 9, 10	4 x half day sessions	Cath Burke	<a href="#">BOOK HERE</a>
Tuesday 7.00pm-9.00pm	Oct 6,12,19,26, & Nov 2, 9	Weekly 6 x 2hrs sessions	Tracy Seed	<a href="#">BOOK HERE</a>
Sat & Sun 9.30am-1.30pm (9.30am-3.30pm on 31st)	Oct 23, 24 & Oct 30, 31	4 x half day sessions	Daren De Witt	<a href="#">BOOK HERE</a>
Wednesdays 6.30pm - 9.00pm	Oct 27 & Nov 3, 10, 17, 24	Weekly 5 x 2.5hrs	Carolyn Davies	<a href="#">BOOK HERE</a>

## NOVEMBER START

Mondays 7-9.30pm	Nov 1, 8, 15, 22, 29	Weekly 5 x 2.5hrs	Ceri Buckmaster	<a href="#">BOOK HERE</a>
Sat & Sun 9.30am-1.30pm (9.30am-3.30pm on 21st)	Nov 13, 14 & Nov 20, 21	4 x half day sessions	Daren De Witt	<a href="#">BOOK HERE</a>

Sat & Sun Mornings (9.30am - 1.15pm with 30 min break)	Nov 27, 28 & Dec 4, 5	4 x half day sessions	Cath Burke	<a href="#">BOOK HERE</a>
<b>DECEMBER START</b>				
TBC			Carolyn Davies	BOOK HERE

## **London NVC Intermediate Programme 2021**

If you want to develop your NVC beyond the foundations, you can attend one, or more, or all sessions from the NVC London Intermediate Programme 2021

### **Intermediate Training 2021**

<b>Day/s and Time/s</b>	<b>Dates &amp; Duration</b>	<b>Training Title</b>	<b>CNVC Trainer</b>	<b>Booking Link</b>
<b>JANUARY START</b>				
Sat & Sun	Jan 16 & 17	Transforming Conflict	Ceri Buckmaster	BOOK HERE

## FEBRUARY START

Saturday  
10.00am -  
5.00pm

13 February  
One day

Embodying Self  
empathy and  
compassion

Tracy Seed

[BOOK HERE](#)

## MARCH START

Sat & Sun  
9.30am-12.45pm

Mar 6 & 7

Learning from  
our Mistakes,  
Mourning &  
Expressing  
Regret

Daren De Witt

[BOOK HERE](#)

## APRIL START

Sun 10.00am -  
5.00pm

April 10

NVC and  
Trauma

Daren De Witt  
& Tracy Seed

[BOOK HERE](#)

## MAY START

Sat 9.30am -  
11.30am / 1pm -  
3pm &  
Sun 9.30am -  
11.30am

May 22 / 23  
6 hours

Embodying  
Saying No with  
Courage and  
Care

Cath Burke

[BOOK HERE](#)

## JUNE START

Saturday  
Times TBC

June 19  
One day Training

Transforming the  
Pain of Unmet  
Needs

Carolyn Davies

[BOOK HERE](#)

## JULY START

Sat & Sun	July 17 & 18	Requests to Restore Flow	Ceri Buckmaster	<a href="#">BOOK HERE</a> FULLY BOOKED
-----------	--------------	--------------------------	-----------------	---

## AUGUST START

Sat & Sun 9.30am-12.45pm	Aug 7 & 8	Transforming Anger with NVC	Daren De Witt	<a href="#">BOOK HERE</a>
-----------------------------	-----------	-----------------------------	---------------	---------------------------

## SEPTEMBER START

Saturday Times TBC	Sep 18 One day Training	Introduction to the Dyad Process	Carolyn Davies	<a href="#">BOOK HERE</a>
-----------------------	----------------------------	----------------------------------	----------------	---------------------------

## OCTOBER START

Sat & Sun	Oct 9 & 10	NVC and Power and Privilege	Ceri Buckmaster	<a href="#">BOOK HERE</a>
-----------	------------	-----------------------------	-----------------	---------------------------

## NOVEMBER START

Sat & Sun 9.30am - 1.15pm	Nov 6, 7 6 ½ hours	Me, Myself & I: Self Empathy & our Inner Critic	Cath Burke	<a href="#">BOOK HERE</a>
------------------------------	-----------------------	---	------------	---------------------------

## DECEMBER START

Sat & Sun 9.30am - 1.30pm	11 & 12 Dec	Practical tools for embodying NVC fluency	Tracy Seed	<a href="#">BOOK HERE</a>
------------------------------	-------------	---	------------	---------------------------

## Other Intermediate Training & Practice opportunities 2021

Day/s and Time/s	Dates & Duration	Training Title	CNVC Trainer	Booking Link
<b>JANUARY START</b>				
<b>FEBRUARY START</b>				
Thursdays 2-4.30pm UK	11, 18, 25 Feb and 4 Mar	A dive into Self Empathy	Ceri Buckmaster	<a href="#">BOOK HERE</a>
Fri 7.00 - 8.30pm UK	26 Mar	Drop in Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>
<b>MARCH START</b>				
Mondays 7-9pm UK	1,8,15,22 March	Keep your NVC fit	Ceri Buckmaster	<a href="#">BOOK HERE</a>
Thursday 7.00 - 8.30 pm UK	25 March	Drop in Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>
<b>APRIL START</b>				



Thursday 7.00 - 8.30 pm UK	29 April	Drop in Practice Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>
----------------------------------	----------	---	------------	---------------------------

## MAY START

Friday 7.00 - 8.30 pm UK	26 May	Drop in Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>
--------------------------------	--------	---------------------------------	------------	---------------------------

## JUNE START

Thursdays 2-4pm UK	11, 18, 25 June and 2 July	Transforming conflict 4 x 2hr sessions	Ceri Buckmaster	<a href="#">BOOK HERE</a>
-----------------------	-------------------------------	--	-----------------	---------------------------

Friday 7.00 - 8.30 pm UK	24 June	Drop in Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>
--------------------------------	---------	---------------------------------	------------	---------------------------

## JULY START

Friday 7.00 - 8.30 pm UK	28 July	Drop in Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>
--------------------------------	---------	---------------------------------	------------	---------------------------

# AUGUST START

--	--	--	--	--

# SEPTEMBER START

Friday 7.00 - 8.30 pm UK	30 September	Drop in Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>
Tuesdays 7pm-9pm	Dates TBC 5 x once-a-month sessions with the same group of 9 people	<a href="#">Deepening &amp; Practice Group: Different NVC topic every month</a>	Cath Burke	<a href="#">EMAIL CATH TO ADD YOUR NAME TO THE WAITING LIST</a>
Thursdays 6.15 - 7.15pm & 8.15-9.15pm UK	Dates TBC 5 x once-a-month sessions with the same group of 9 people	<a href="#">Deepening &amp; Practice Group: Different NVC topic every month</a>	Cath Burke	<a href="#">EMAIL CATH TO ADD YOUR NAME TO THE WAITING LIST</a>
Saturdays 12.30 - 3.30pm UK	Dates TBC 5 x once-a-month sessions with the same group of 9 people	<a href="#">Deepening &amp; Practice Group: Different NVC topic every month</a>	Cath Burke	<a href="#">EMAIL CATH TO ADD YOUR NAME TO THE WAITING LIST</a>

Sundays 2.30 - 5.30pm UK	Dates TBC 5 x once-a-month sessions with the same group of 9 people	<a href="#">Deepening &amp; Practice Group: Different NVC topic every month</a>	Cath Burke	<a href="#">EMAIL CATH TO ADD YOUR NAME TO THE WAITING LIST</a>
-----------------------------	---	---	------------	---

## OCTOBER START

Friday 7.00 - 8.30 pm UK	27 October	Drop in Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>
--------------------------------	------------	---------------------------------	------------	---------------------------

## NOVEMBER START

Fridays 2 - 4.30pm UK	19, 26 Nov and 3, 10 Dec	Ecology of Empathy (Self Empathy masterclass)	Ceri Buckmaster	<a href="#">BOOK HERE</a>
Friday 7.00 - 8.30 pm UK	24 November	Drop in Dialogue practice	Tracy Seed	<a href="#">BOOK HERE</a>

DECEMBER START				

--	--	--	--	--