Cooperative Book Study @MTOP Conference (Jan 11-13, 2014)
Speak Peace in a World of Conflict
By Mershall E, Rosenberg, P.LD.
Facilitators: Heidl Kolbe and Seana Doherty

Apply to Facilitation	Implications	Illustrative Examples	Key Points (3	(A)	
Meet people where they are - worthiness of everybody. Chang occurs when we seek to enrich life	Changing our own mindset and sellect with the mechanics of speaking peace	Helping others - Uncles care of grandmother 2, Hurting other - Killings in neighborhood and his last name	Key Points (3) 1. Its about us and how we will be a considerable to the property of concrete tools for minimizering opinionality 3. Mechanics of the book part 1.3.3 than the considerable property of the considerable pro	1. The Two Questions	Part 1: The Mechanics of Speaking Peace
Meet people where they are. Exclusion, objects and during where people where they are a Captallon, objects and during wordlesses of exception, objects and during wordlesses of exception, objects and during the controlled of the controlled objects and objects and objects and objects and objects and objects of the controlled objects and objec	Honesty w/myself w/o diagnosis bc.self talk is quick to judement	rs 1. Cleaning room 2. Road Rage	Observations, feelings, and a needs 2. Get clear about defining behavior w/o diagnosis 3. rebehavior aloud defining say genuine path to knowledge	2. How Can We Express What's Alive in Us?	
Nake clear, positive requests,	Finding divine energy in every situation or chore. Emphasize what you want in your requests not what you den't want.	People throwing away trash	We need to be able to make class roquests: To do this What do we need the other person to do? What do we want the other persons to be?	3. How Can We Make Life More Wonderful	
Help others in learning, Assist in group growth, Assist groups of see and appreciate what is behind their actions.	Making mistakes less sciny. Don't apologize bit mour opportunity doesn't opportunity doesn't opportunity doesn't of violent opportunity apology is part of violent opportunities.	Yelling at kids, Bad Mom (respect), Judging yourself, Good need behind actions, Need for har kids to learn,	Look behind your judgement and actions to the need at the root of them, also the need at the root of them, learn to prawm your actions w/o blame and guilt. Be conscious of what need of yours was met by doing what you did	4. Change Within Ourselves	Part 2: Applying NVC
Apply - focused convo focusing on what's alive in you now	Don't apologize but mourn. Apology is part of violent communication	Being violent with ourself increases anti-depressants	Eploy mucking things up. Should is a violent word. Awareness of meds causes us to increase our needs met and decrease Judding	4b. Self Empathy for our mistakes	
Gifted as a facilitator with the presence, increases safety	Be prepared for whatever response, No is not necessarily bad, this way of communicating is not cetting what you want	Surfing the wave of diving energy	Limpathets connection is a learner and person of the perso	5. Connecting With Other Empathically	
Be willing to take time out to deal with root issues. Intentionally design opportunities to deal with feelings and needs (underlying contradictions, blocks, etc.)	Take time to understand what's underneath, When poople feel heard, they can listen and learn	Kids in schools dealing with teacheres, international student angry at America	Seeing the other person's lealings and needs at the lealings and needs at the 'Connect empathetically	6. Seeing the Beauty in Others	
Conflict - What's needed/other options, Help a group express the collective need w/o blame or judgment.	F	Kids in schools dealing with teachers, international students relating to prison restorative bactics.	Construction of work we need to programming people to be a Coloration of work we need to programming people to be a Coloration of work we need to programming people to go understood - copin to possibilities and extensive people are global copin to possibilities and extensive people are global copin to possibilities and extensive people are programment. Count more directively. Justice 2. Justi	7. What Do You Want to Change?	
Work is about serving life!	Luigement leads to reflection need being met and other need being met and other conjours, you are all resource peace we're loaking outside ourselves and cell using consists.	Schools teach obedience to authority	Gangs: groups that do things we don't like, Schools are programming people to believe that once people are good and some people are good and some people are should and set gestern aimed at Judgment ("futited")	8. Gangs and Other Domination Structures	
Contradiction naming is a way of changing how people see things. Are facilitators "neutral servanous or "control freak and attention getters"	What you name it detrmines how you relate to it. Terrorist on Freedom Fighter, Change will occur when we radically change how we see things. More those was so getting needs met.	Farmer family disput. Tribal chief whose son had been killed,	e Getting past enemy images is hard work. Difficult to get to and express your own needs. Can resolve conflicts (in 20 mins) once needs are 10 d	9. Transforming Enemy Images and Connecting	Part 3: Speaking Peace for Social Change
47.5		If Spiral with an arrow to the right	d Get right back to the point. Always book for the human need	10. Joining Forces With Others to Create Social Change	
Don't bay into enterny images of images or sporoso. Out to believe anything by such part out of yell anything by such part out of yell anything part out of yell anything part out of yell and not propose shelping and location of yell with out of yell product and out out out setting content with knowledge lugioperetri. Cet all sides at the appropriate pages of the page out of the page of page of page page of page pag	In business find the humaneness and not just production, inspiritio and not just production, inspiritio be vision. Clear observation in Go past per performance industrial constraints and performance industrial constraints. Be befor and clear marking to get information incommon formation and under the performance increasing blank prime incommon. Reviews 2 and 3 an	School. Switzerland - he prefers the middle east because you can have the same unproductive conversation in half the time.	We are often influenced by gossip and incomplete info, gossip and incomplete info, Prepare and reheares, Work to see the human side in the situation. Continually connect to the spiritual energy behind social change.	11. Dealing With Conflict and 12. Gratitude Confrontation	
Co-facilitation or certification to other work to express feedback in an evaluation appropriate manner using the situation formula	Go past generic proise that expresses judgement. Work to follow formula for praise and/or Compas critique.	g backwards,			
Feedback - specific, look at way to do this observation with evaluation, listocincal trauma situation, what's alive in them now.	Compassionate giving, Power to	Structural changes come through economy, justice, and restorative testice	Creating peace: Step 1 - Self. Step 2 - Other Step 3 - structure = power Nautral capital, Economy, Judical (restorative justice)	13. Summary/Final Thoughts	