

life serving



organic



The open source operating system for successful teamwork

# NVC-plus

communities

couples

all

teams

families

groups

kooperative



self organised



KommunikationsEntwicklung  
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# The NVC-plus basis-cards

The map of a  
synergetic process

# 1 individual

Find your  
self-esteem, your  
integrity and your  
utopia.

# 2 system- struktur

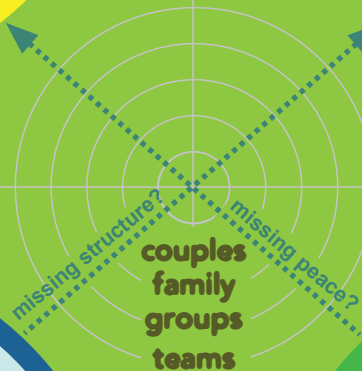
start a system  
or choose an  
existing one.

# 4 synergetic designing

Use the interactive  
intelligence and  
power to co-create.

# 3 interactive sensitivity

Experience unity,  
wholeness  
and synergy.





## 1 the source of life and power

You are completely ok and right.

Your contribution can  
always improve.

What is alive in you:  
What utopia, what drama,  
what potential, what need?

## 2 frameworking

Create a system or select one.  
Frame it in the sense of your liveliness.

Take the position, that suits you.

Do not only react and function.  
Act, and pay attention to the  
functionality of any system.

system diagnosis / -prognosis  
or  
system control?

## 4 the work

Work in the interactive knowledge  
and the field potential,  
which emerges in a peaceful  
togetherness.

Look for the right moment to stop  
and start your next cycle.

## 3 devotion

Experience the others  
in relation to you.

Experience yourself in relation to all  
and to the synergetic field.

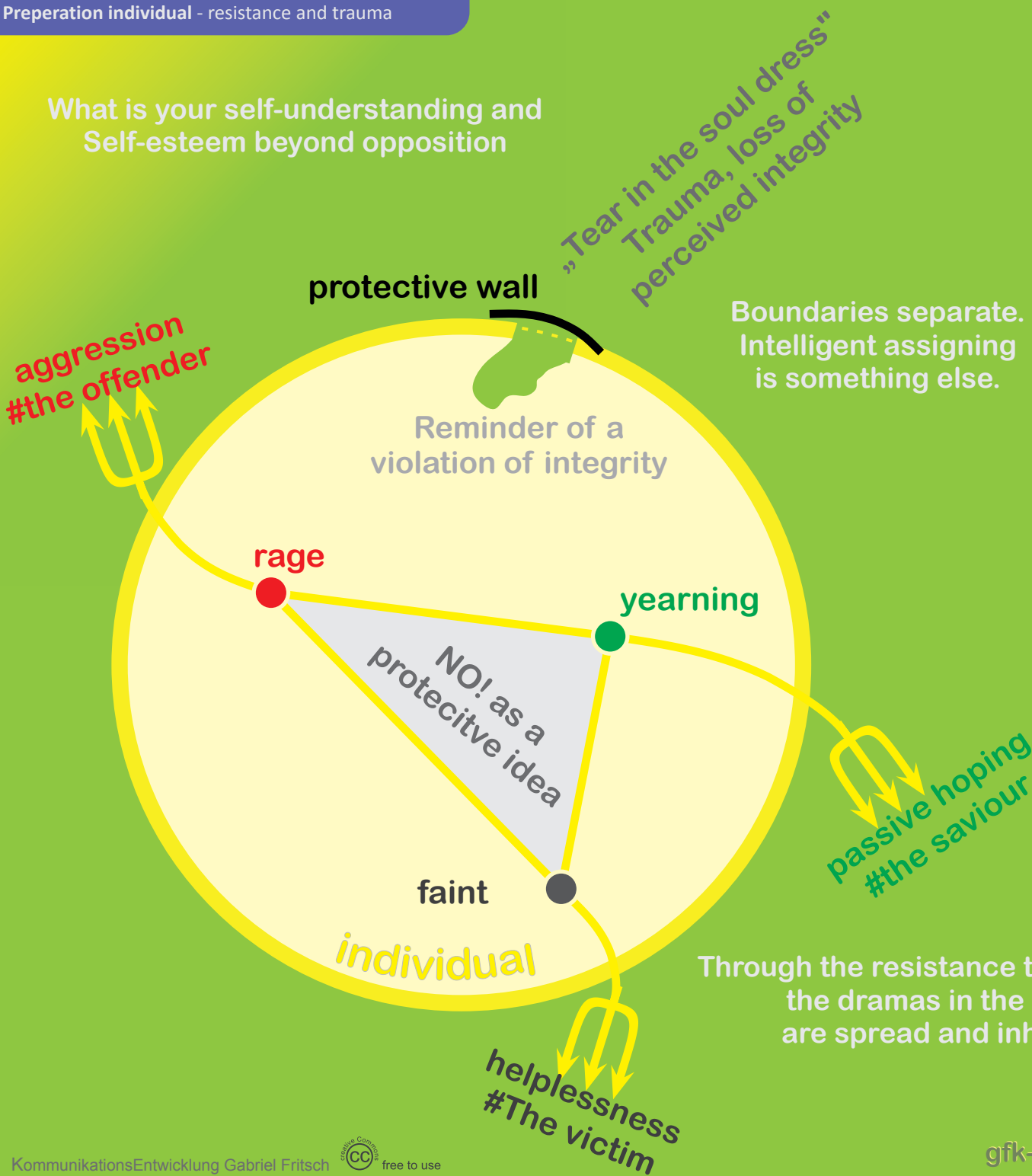
Beyond sympathetic and  
unsympathetic there is this field.  
Let's meet there.

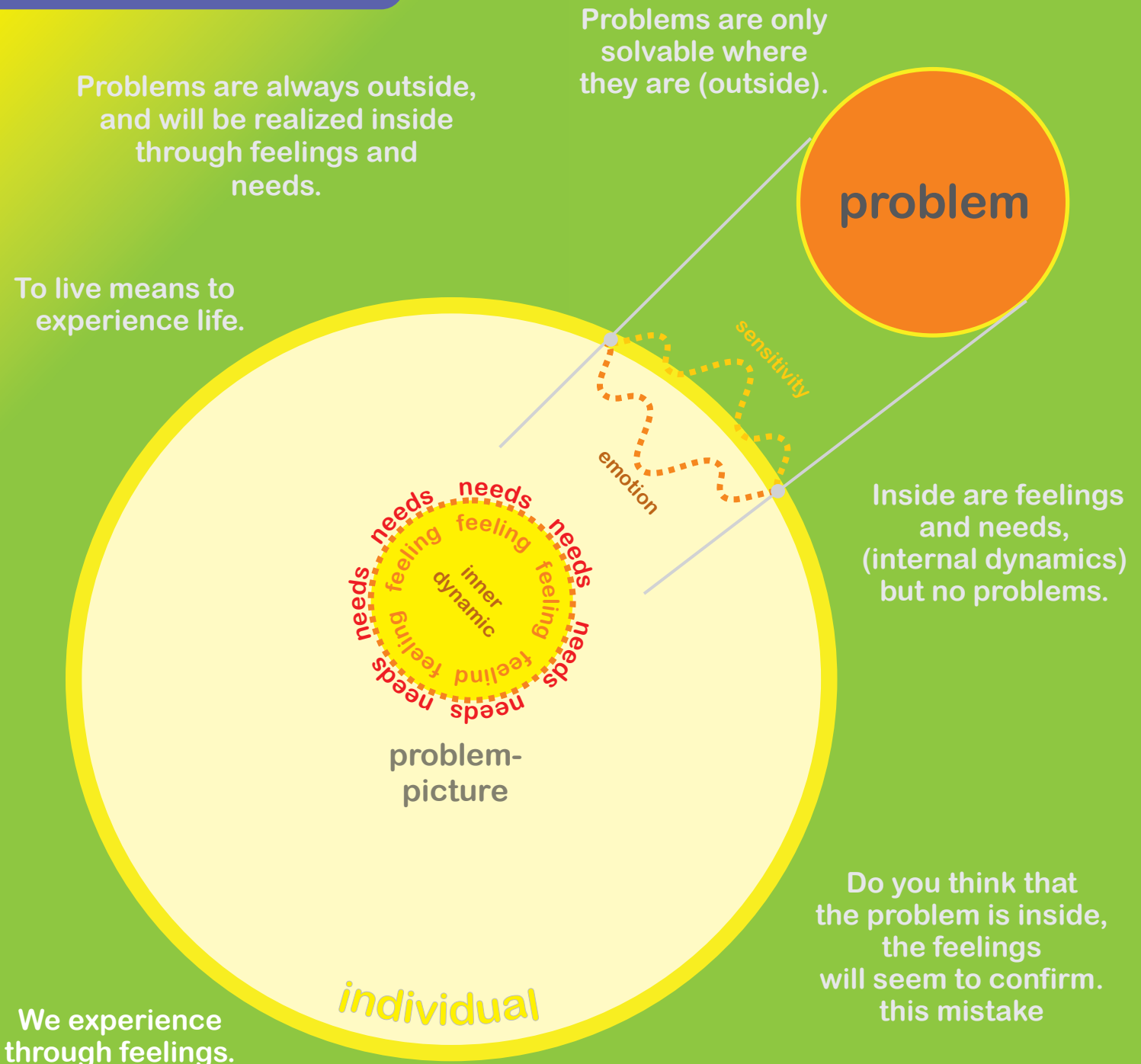


# The preperation cards

Be ready for the  
self-controlling teamwork!

What is your self-understanding and  
Self-esteem beyond opposition



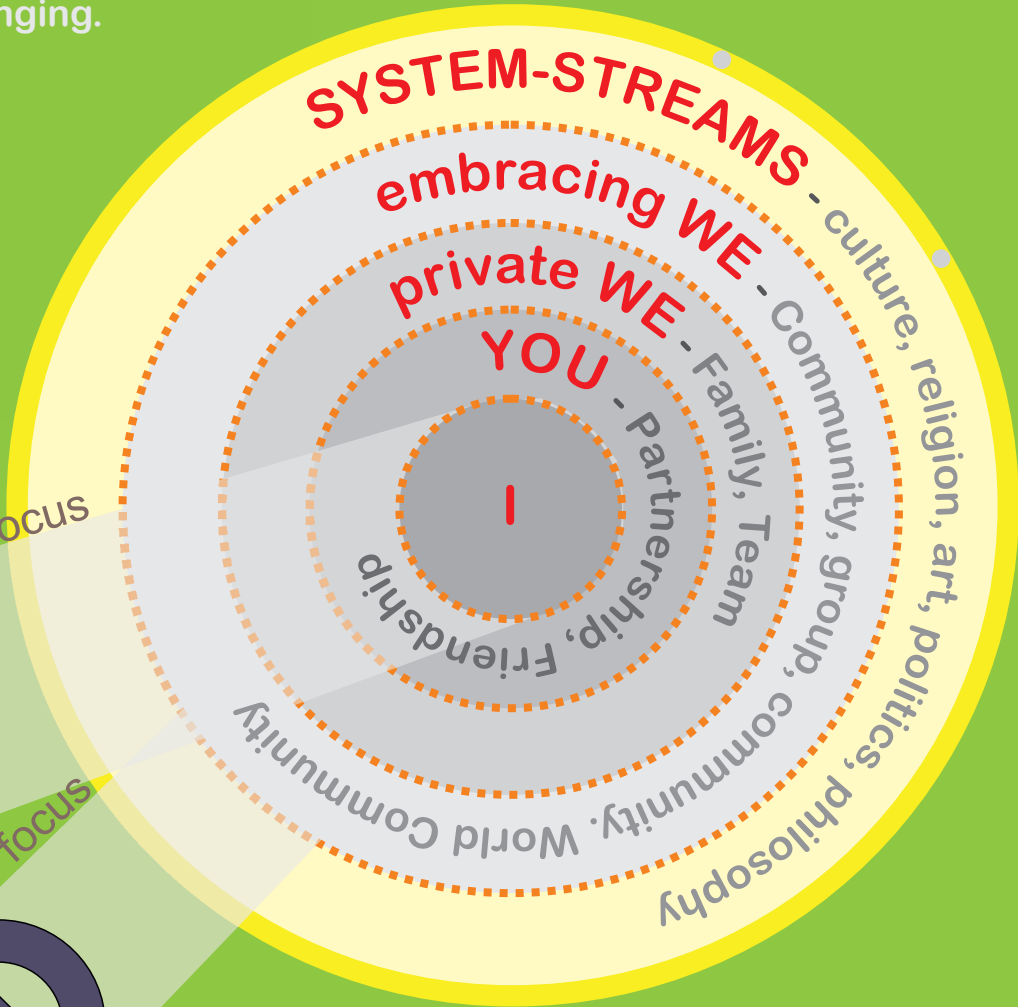


BE or HAVE?

HABEN is linearly aligned  
(I want SOMETHING to have),  
On the other hand, BEEING is  
field-like swinging.

How much community  
and how many people  
can be alive in you?

YOUR game or  
OUR game?



linear HAVING focus



Object of  
craving

linear  
NOT-HAVING focus



Object  
of fear

# system clarifying cards

for an agile and flowing  
system understanding

# 1 functional system

plan

linear

Result

- the source of everything
- overpowering
- legislatively
- supervising
- punitive

- needy
- inadequately
- insufficient
- problematic
- dependent
- blameworthy
- has to adapt

- *please*
- *beg*
- *attract*
- *deceive*
- *stage*
- *promise*

2  
individual

backpack

## 4 function fulfillment

- torment
  - pressure
  - compulsion
  - blackmailing
  - praise
  - payment
  - external motivation
- = **burnout**

## 3 collective experience

- Fun
  - addiction
  - dissolution of boundaries
  - hysteria
  - masses
  - fusion
  - dissolution
- = **loss of self**

Really right this way?



# 1 individual

the source of:

- drive source
- inspiration
- creativity
- vitality
- awareness
- meaning

# 2 system- struktur

- serving
- needs the human being
- is always inadequate
- dependent
- has to be adjusted
- changes with the changes

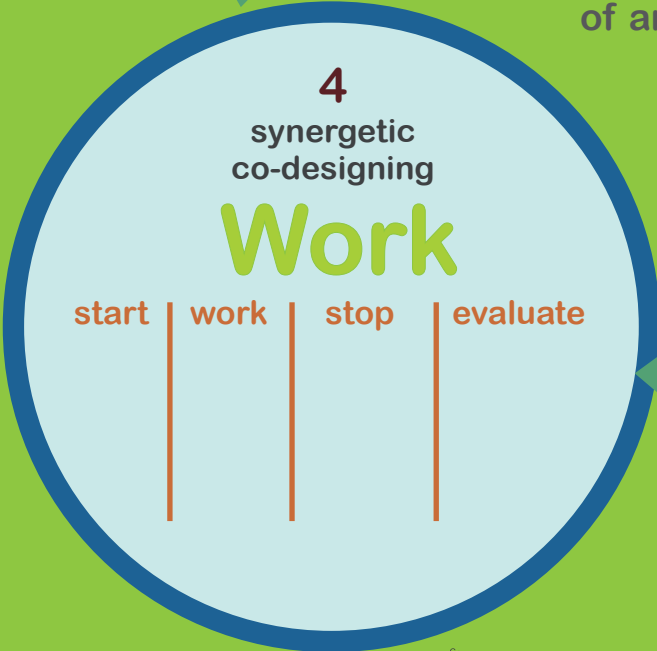
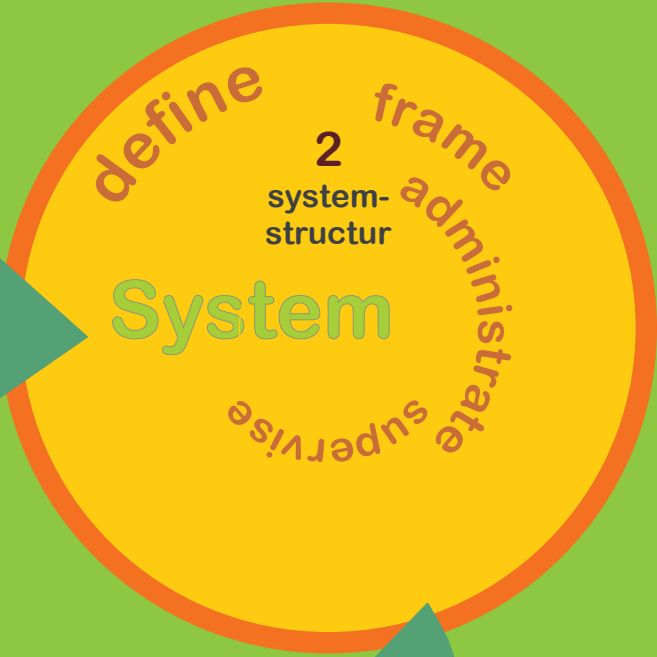
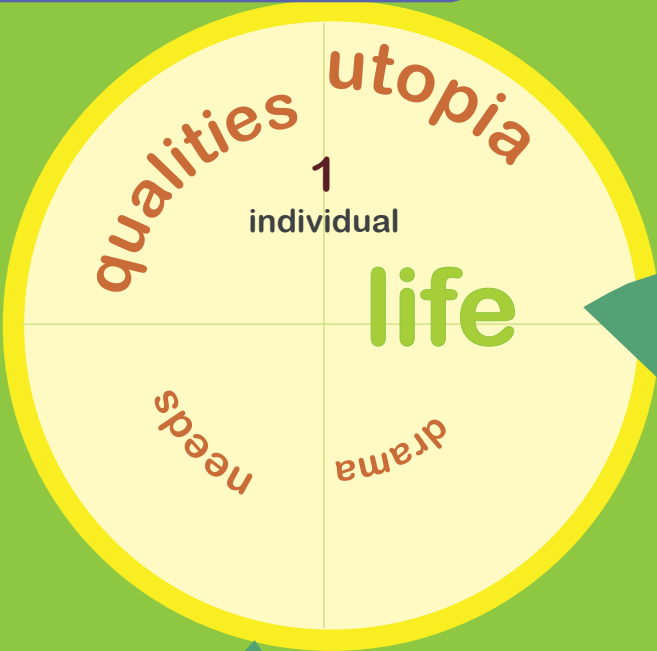
# 4 synergetic co-designing

- Power overflow due to field effect
- interactive intelligence replaces collective stupefaction
- capable of complexity
- self-organizing
- error-friendly
- unagitated
- forward-thinking

# 3 interaktive Sensitivität

- field effect instead of linearity
- fields of might replaces dominance
- joy instead of just fun
- meaning instead of function
- flow instead of hysteria
- network instead collectivity
- freedom instead of autism

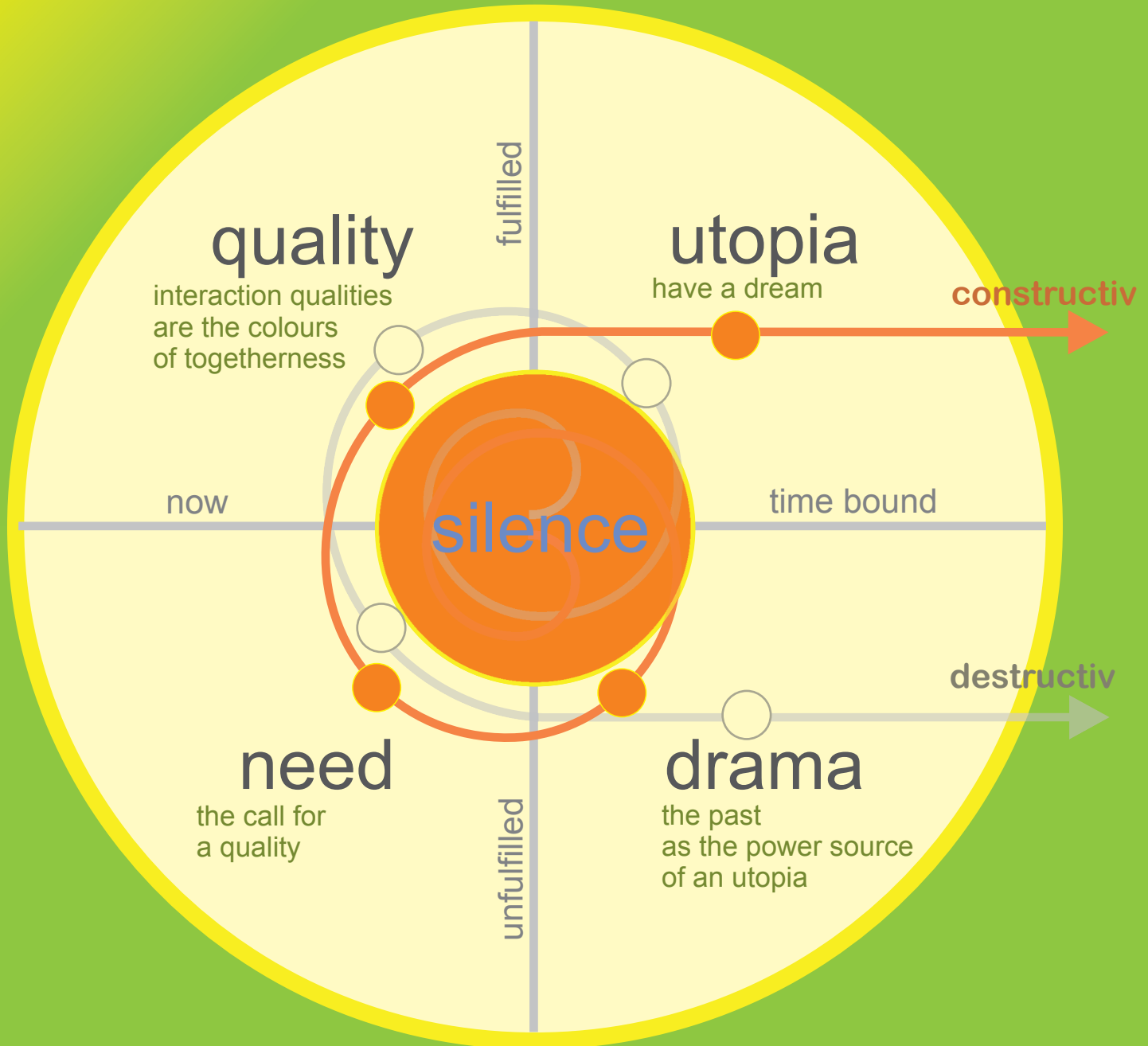
Or so!  
with NYC-plus



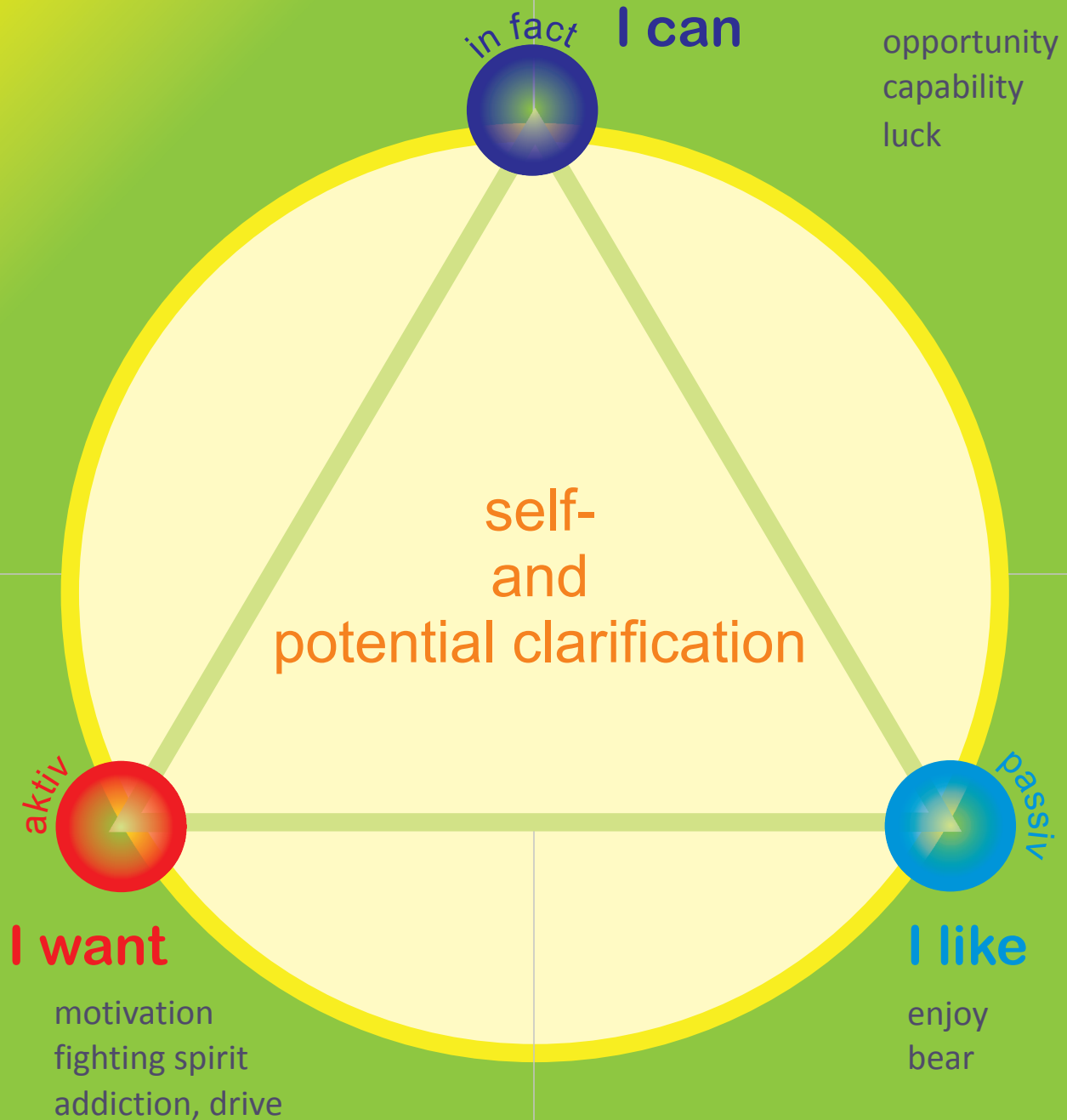
The work results from the field.  
The field results from the system definition.  
The system results from the utopia  
of an individual.

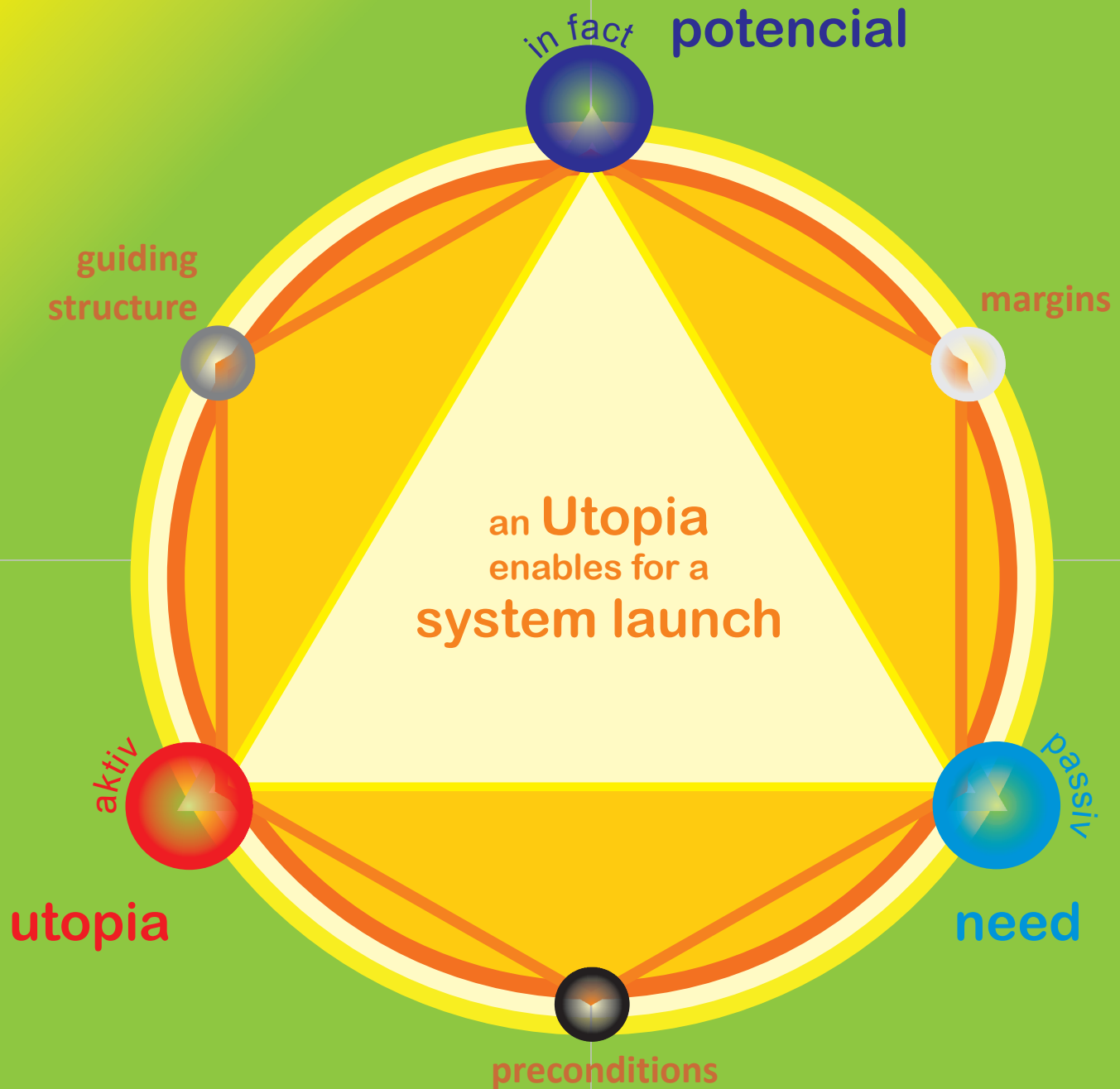
# The tool-cards

Possible tools for the four  
process fields of NVC-plus









Nothing has to be perfect, but only adequate and sufficient.

I can

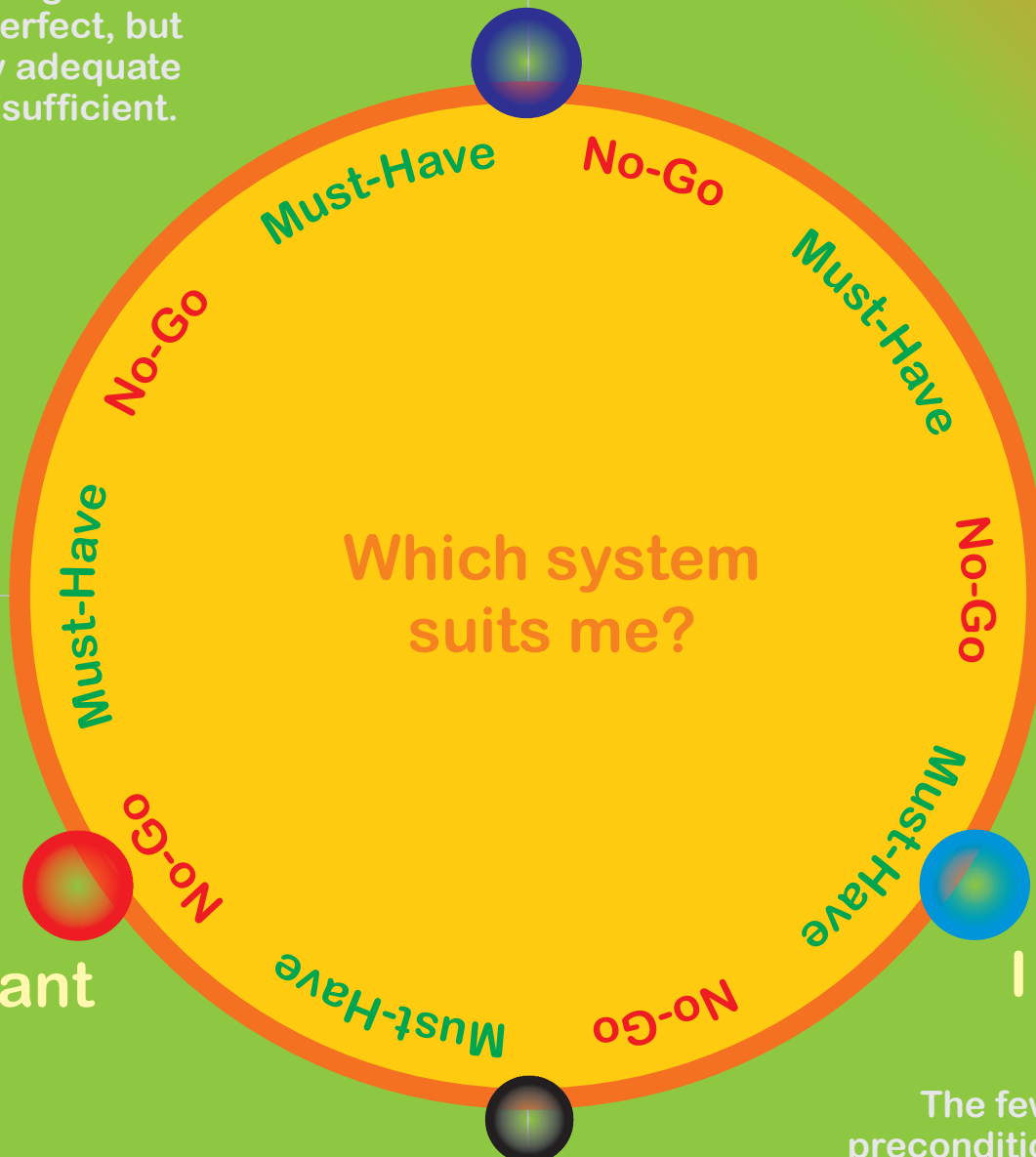
I want

I like

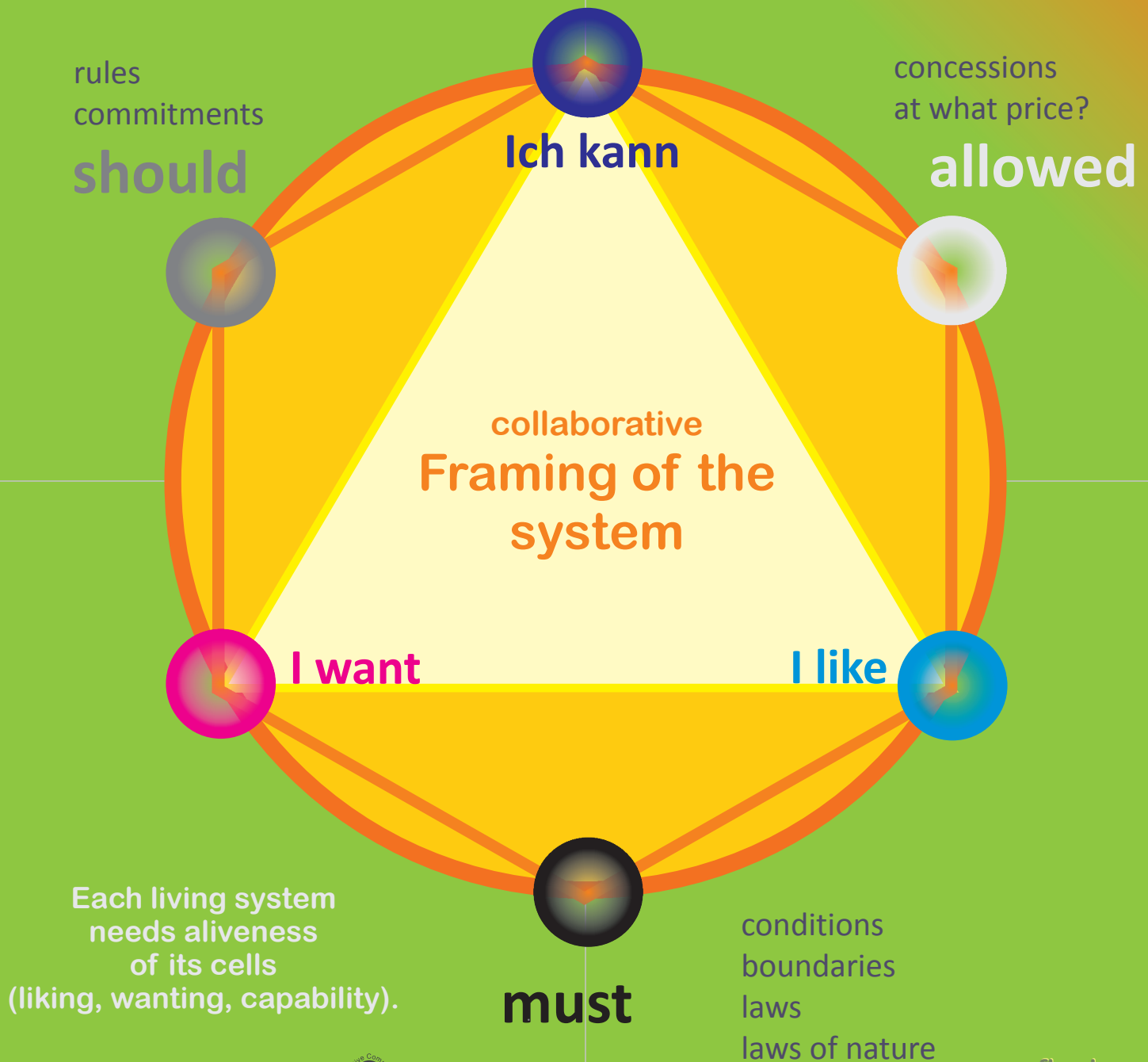
preconditions

The fewer preconditions, the easier the start.

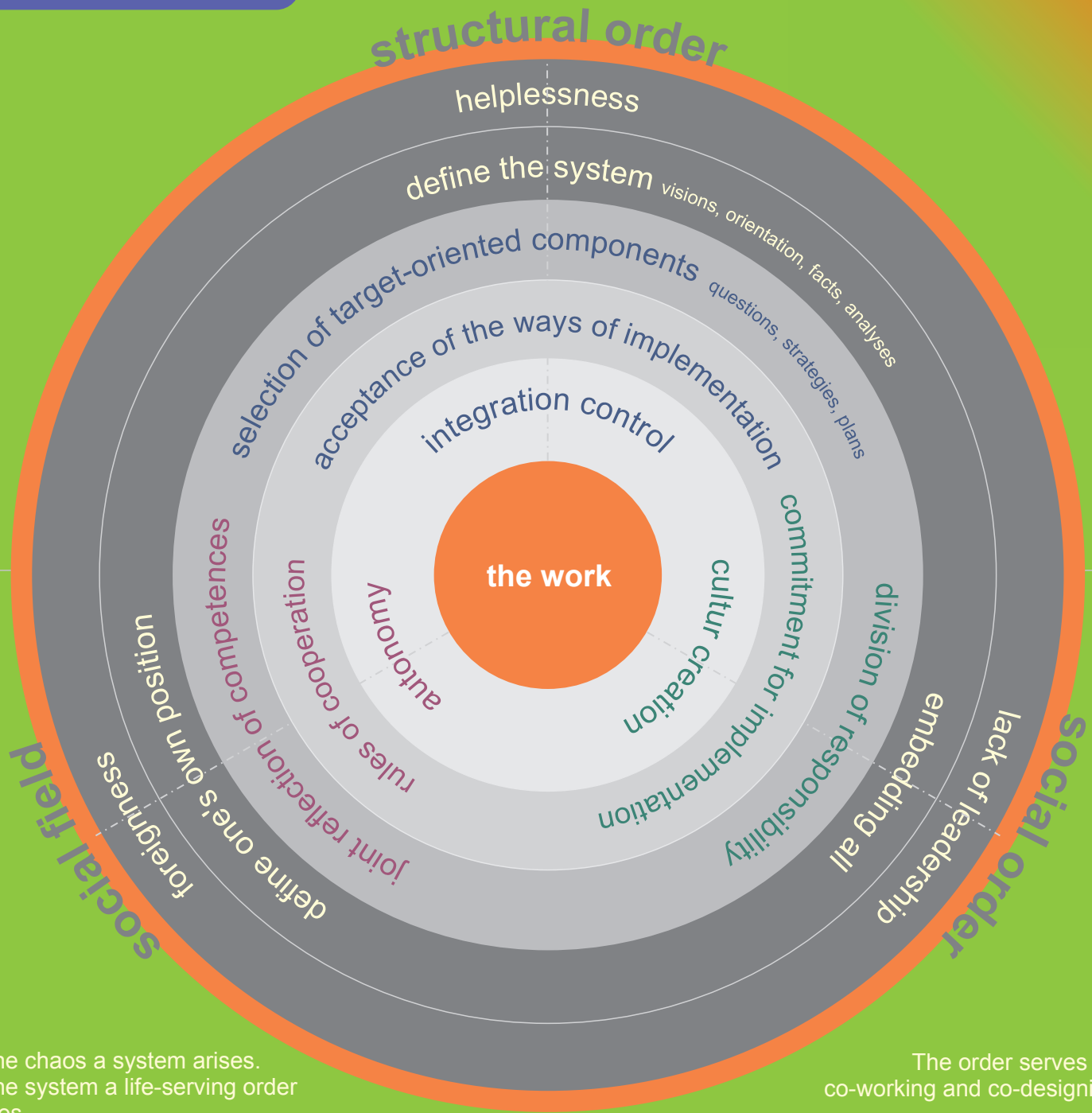
Which system suits me?









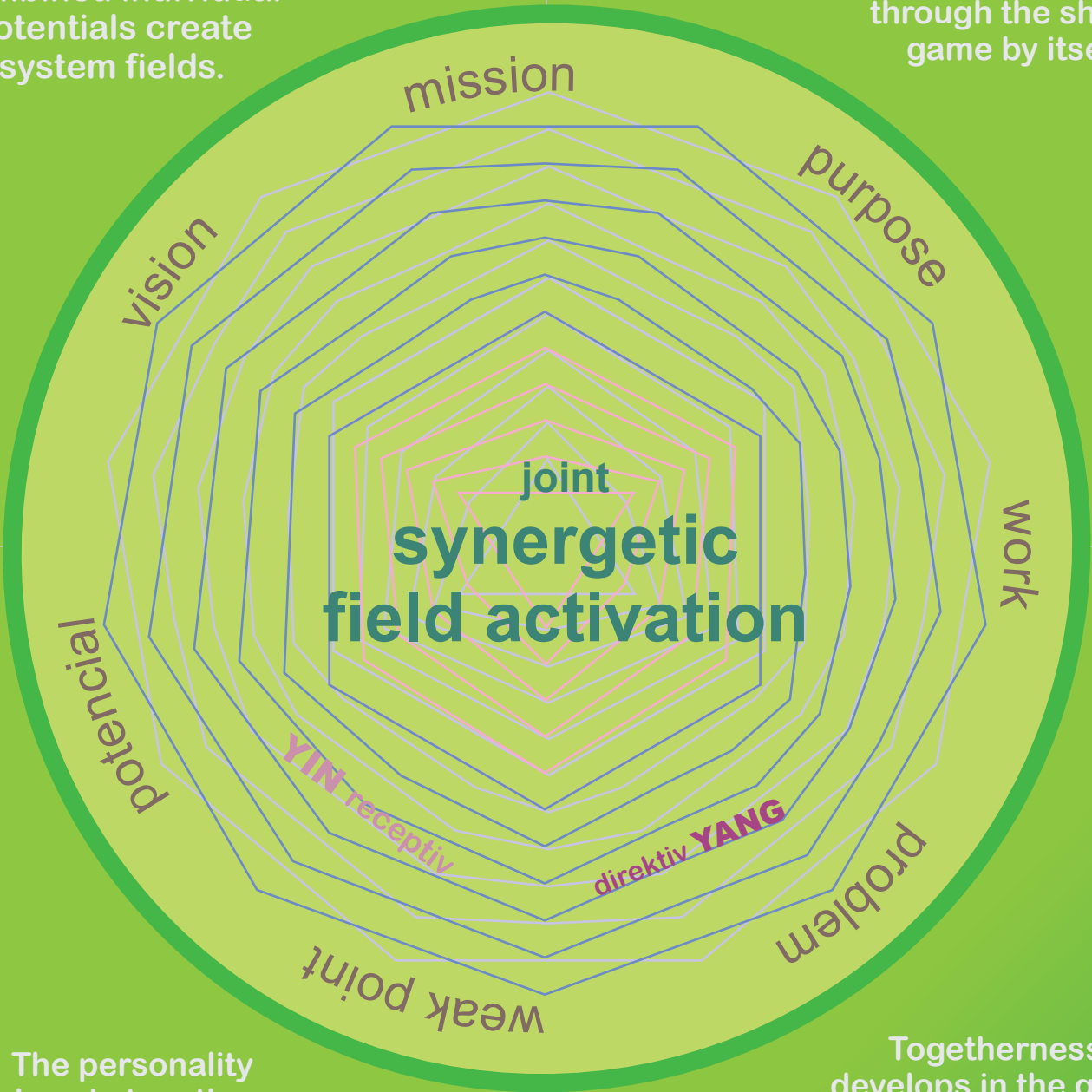


In the chaos a system arises.  
In the system a life-serving order  
arises.

The order serves the  
co-working and co-designing.

The metabody of  
togetherness is created  
through the shared  
game by itself.

Combined individual  
potentials create  
system fields.

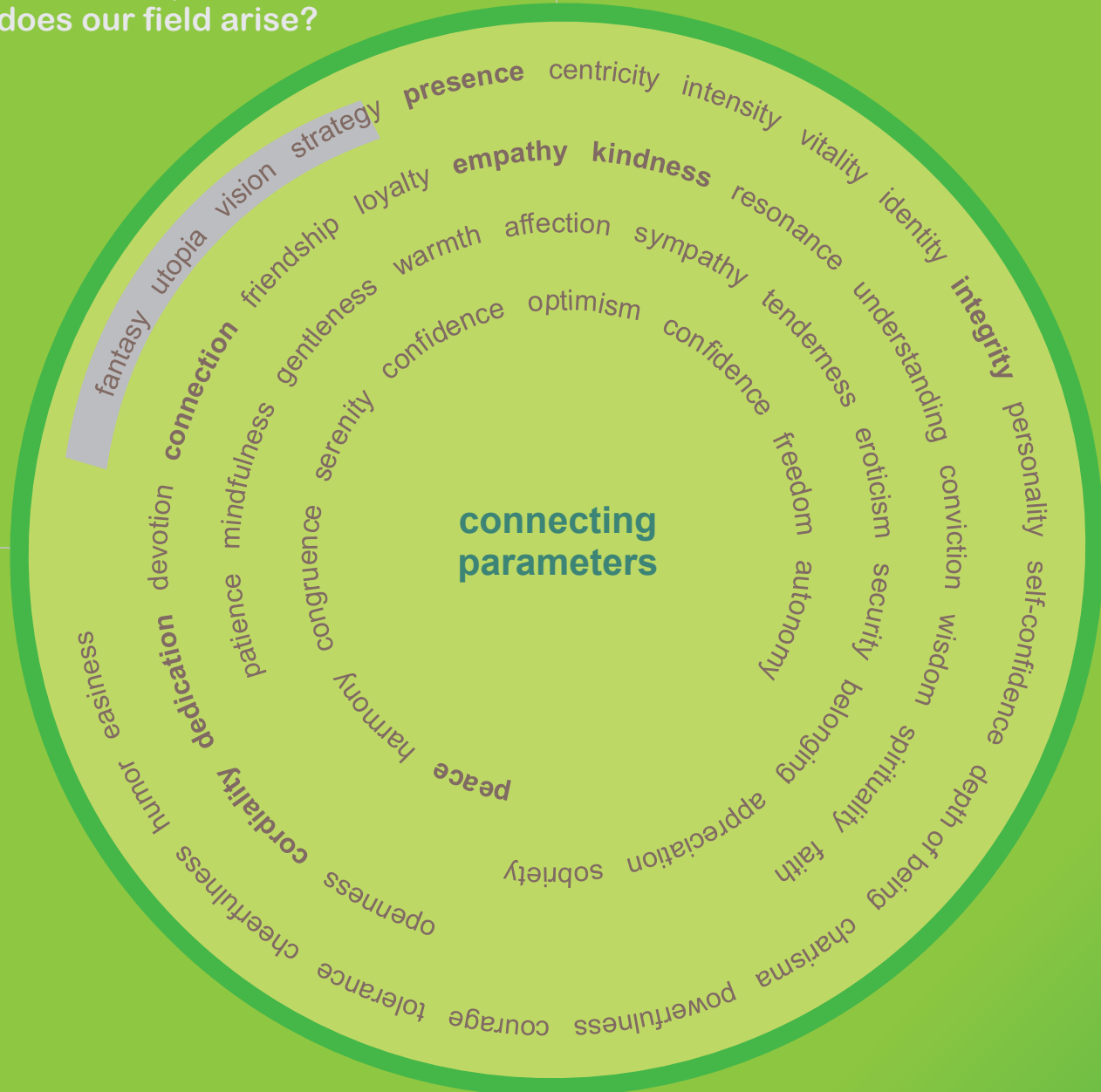


Togetherness  
develops in the game  
of the personalities.

The personality  
develops in togetherness  
of individuals.

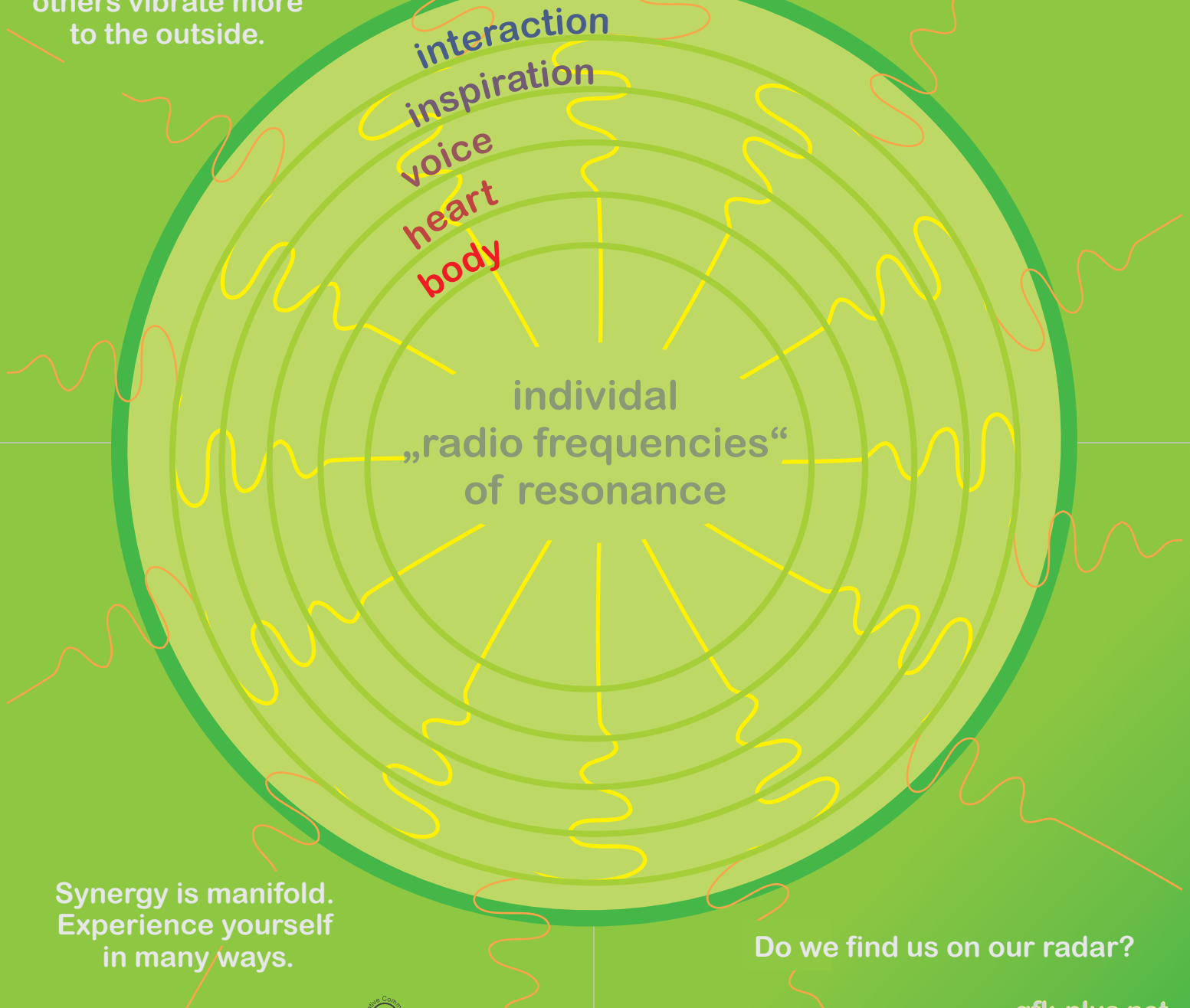
## Out of which parameters does our field arise?

## How can we reinforce the field?



Some swing  
more inside,  
others vibrate more  
to the outside.

Better to be moved or to be understood,  
would you rather swing or vibrate?

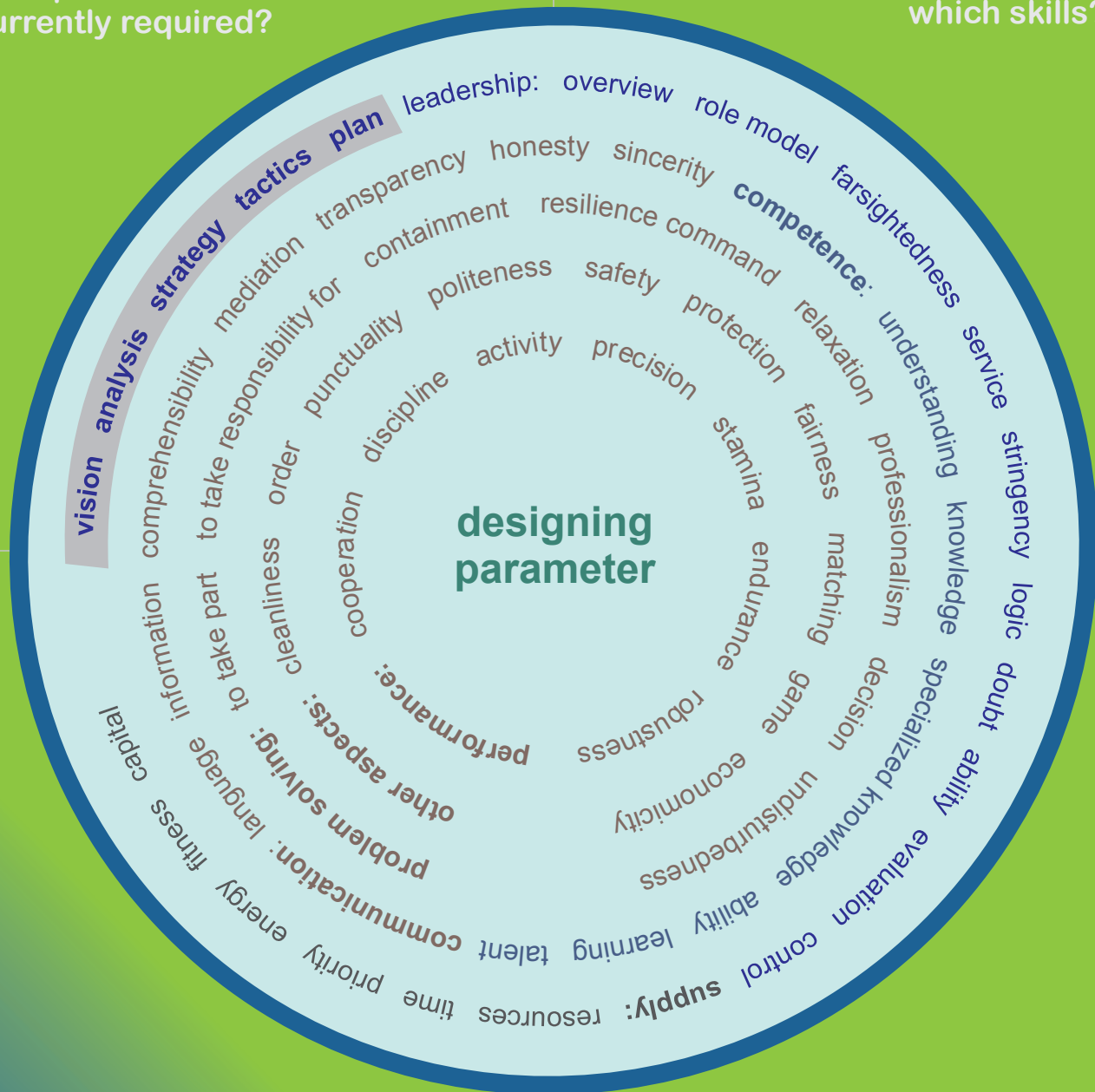


Synergy is manifold.  
Experience yourself  
in many ways.

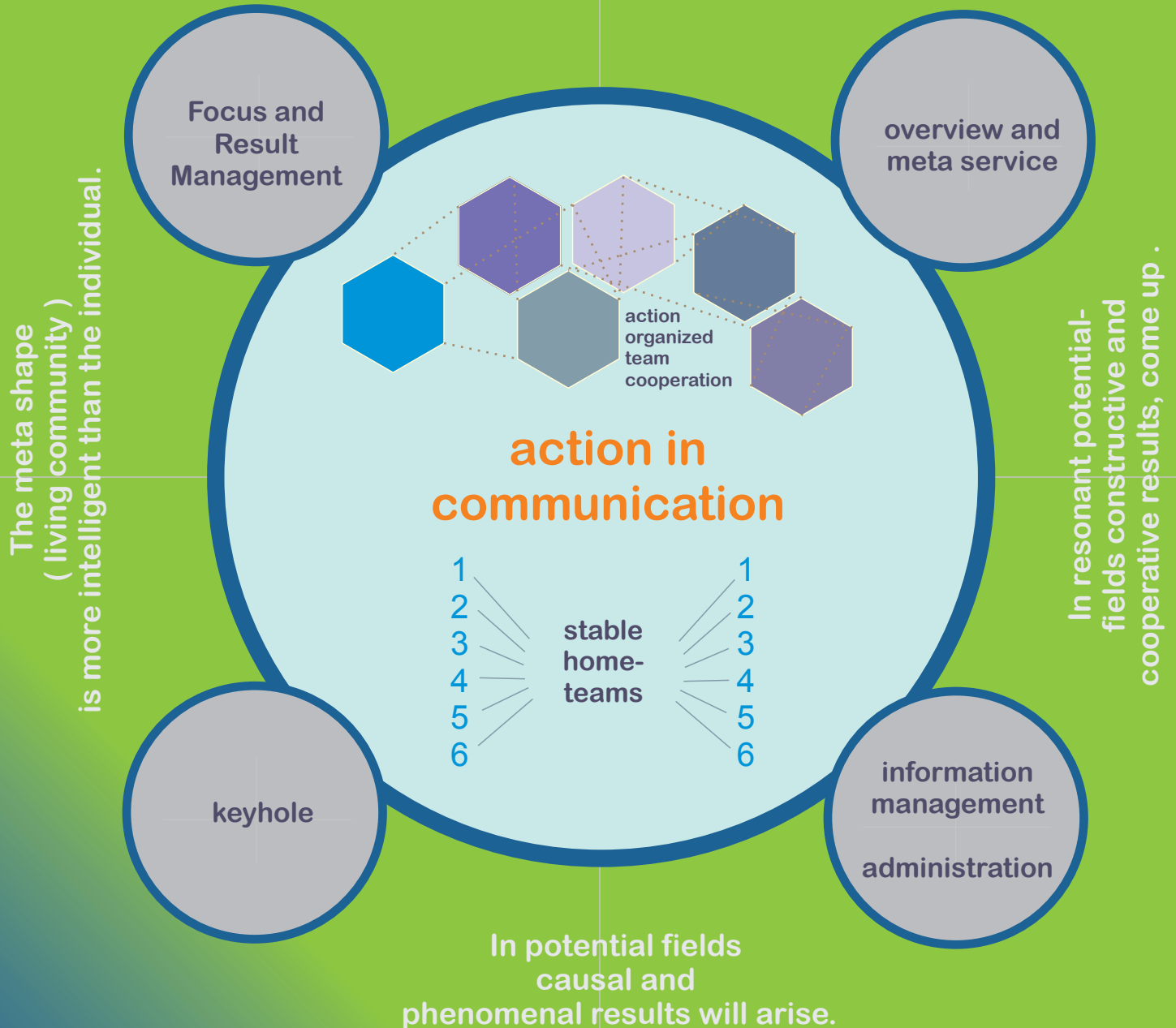
Do we find us on our radar?

## Which parameters are currently required?

## For which parameters we need which skills?



Complex tasks are not solved linear, but via potential fields.





# additional cards for NVC-plus

Helpful considerations



## Name the paining points

In cooperation, there are always stronger and weaker sources of pain. In order to be able to take them into account in the joint forward movement, relevant pain points should be named. From time to time e.g. everyone names his pain points in a meeting. They are not discussed or dealt with. They are only made available as navigation data. Questions of understanding are of course useful and can be answered, or not (no "why questions". Reformulate these). (Conflicts however should be solved e.g. with the classical NVC.)

Together we can now consider whether we want to adjust the system structures, strengthen the field or change the synergetic design so that "the shoe no longer pinches so hard".

# Nur die Praxis bringt Erfolg

verstehen, üben, anwenden, weitergeben



Funktionen kann man dressieren,  
Lernen gelingt am besten spielerisch,  
mit Freiraum und mit Humor.

Wer weiß, wie es geht,  
hat aufgehört, zu lernen.

Kommt eine Giraffe zum ...

