



## # NVC-plus with whom?

NVC-plus is intended for all people who want to organize themselves with others independently and at eye level. In this respect, the method is kept as simple as possible. One could say: If you can learn how to drive a car, you can also learn NVC-plus. The real challenge for a team is to change from the previous way of working to the NVC-plus mode. This requires some flexibility, curiosity and trust. You have to try out new things openly in order to see them realistically and apply them effectively. This is not easy for everyone. NVC-plus offers an elegant change strategy for this sensitive transition phase.

### **Being a pioneer - who starts?**

There are people in a community or an institution who can get involved in changes more easily. They are pioneers from their heart. They like to break new ground. Others have their back to the wall in their life situation and they therefore want a change. They test NVC-plus e.g. to save a relationship or to stabilize a project, a team or even an entire company. But the easiest ones are those who are unhappy with the mode of their relationships and assume in their first contact that NVC-plus can provide real answers for them. In these people there is a hunger for a good common ground. They may like to start immediately.

### **Change and Consciousness**

NVC-plus presents our consciousness with a task. Where we are used to rely on the visible, calculable and predictable, with NVC-plus we will have to develop an interactive sensitivity. In our very functionally oriented culture, which has developed out of a male-dominated world, thoughts are usually more familiar to us than feelings. Many know little about their inner life, their needs and their real goals. For a self-controlling mode, however, we need a good or at least sufficient relationship to ourselves and to the other team members. In the beginning, it's like training muscles after the plaster cast has been removed. It takes some time for them to work properly again and to feel comfortable. You shouldn't let this irritate you. The "social muscles" are there, trained or untrained, and with the first successes we come easily over the initial threshold.

### **NVC-plus is not a form of self-awareness or therapy.**

NVC-plus is of course free of ideologies and purely intended to help people to organize their activities in an easy and contemporary way. So it is not about self-optimization or simply getting rid of problems or being passively happy with each other. There are certainly methods for this too. NVC-plus is for those who want to coordinate their activities optimally with each other.

### **Power vs. Dominance**

NVC-plus is for people who like to live their positive and natural power without wanting to live it out in the form of dominance. The power of the individual is turned forward and intertwined into the larger team force to become interactively and intelligently effective. For this we need NVC-plus. With it we create a powerful team out of people, who live their power. Those who prefer to do their own thing themselves will hardly look for a central position in a self-organized team - this is also self-control. All people find their own good place in the team or in relation to the team if they can go into mediative communication. NVC-plus can strengthen their understanding in this regard. If some persons do not succeed at all, it may be necessary to do some basic personal development first. Coaching and seminars could support them in this respect.