



Starting with NVC-plus

NVC-plus is best started in direct cooperation with two or three people or in a small familiar circle. You can start in your partnership or family or look for your own NVC-plus training partner. It is easy to learn the first steps, experience the benefits and be impressed. In togetherness one not only faces other persons, but also oneself. In the new NVC-plus mode togetherness is different and with it also the own self-image and self-confidence changes. Next comes the second step: NVC-plus in a team, in a company or in even in a larger context. The principle is always the same. Once you understood it, it's easy to go on.

The first steps

There are many possibilities to start with NVC-plus. You can start with the free online course "Easy-Start", look for information material on the website (www.gfk-plus.net), attend a video conference, visit an event, take part in a practice group or start with the NVC-plus book. If there is no practice group nearby, you can start one yourself. There you can exchange ideas with others and experiment together. In the NVC-plus App and the online courses you can find some introductory exercises. You can connect to the NVC-plus hotspots by mail or phone call for advice. You may even invite them to visit your project.

You best start with a small project, a campaign or a day that you would like to actively design together in your team with NVC-plus. If you succeed, you start the next project. Soon the basics become more familiar and NVC-plus gets more and more space in life. Together you dare to tackle tasks that seemed too difficult before. Life is transformed by itself. If difficulties arise from time to time, support can be sought. Often difficulties result out of small things, which are easier to recognize from the outside.

The start of NVC-plus in companies

In companies and communities, a trust-generating strategy is required for the introduction of NVC-plus. As a start it would be possible to invite a NVC-plus coach for a lecture or a workshop. Afterwards the employees who spontaneously accept NVC-plus could try out NVC-plus in their private environment over the next few weeks (see above). The company can provide them with the advanced online course modules and perhaps some coaching as well. This creates a win-win situation: The first steps are taken apart from working hours in a trusting environment. This strengthens the employees and their private environment. For their part, they bring their trust and new competence into the work teams.

Next you start a smaller project with NVC-plus and fall back on the people who already have some previous knowledge. The NVC-plus coach accompanies first steps and is also available as a contact person. Thus more and more experience and competence accumulates and the NVC-plus mode gradually extends to the rest of the company.