serving The open source operating system for successful teamwork all communities couples teams families Cooperative self organis groups KommunikationsEntwicklung Gabriel Fritsch

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The NVC-plus basis-cards

The map of a synergetic process

individual

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

systemstructur

start a system or choose an existing one.

synergetic designing

Use the interactive intelligence and power to co-create. couples family groups teams

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 systemor 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 functiomality of a system.

system diagnosis / -prognosis

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.

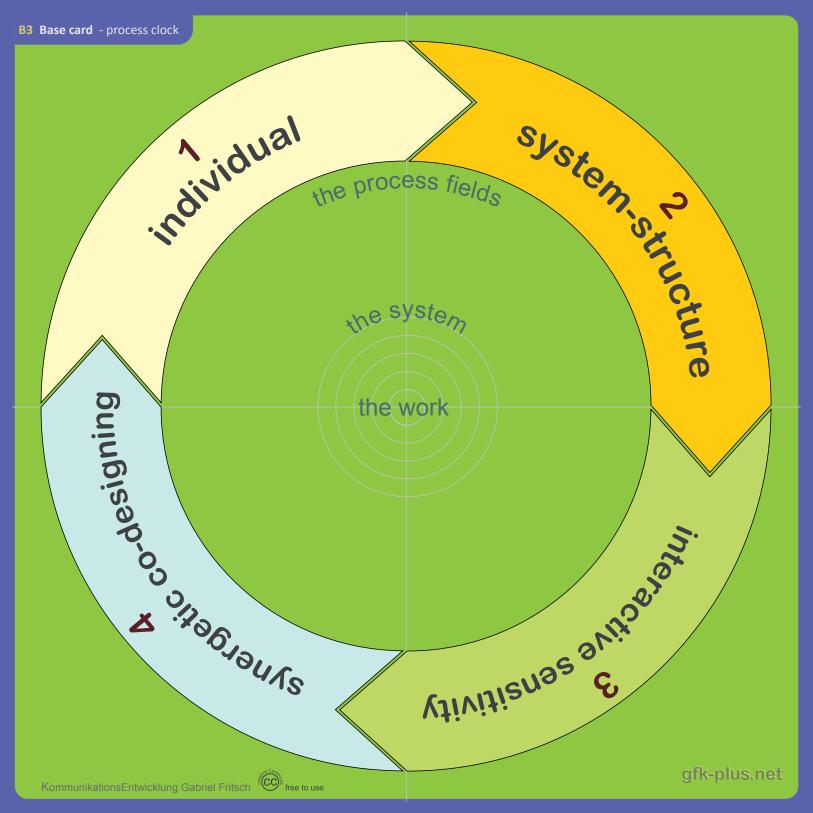
3 devotion

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 preparation cards

Be ready for the self-controlling teamwork!

Problems are always outside, and will be realized inside through feelings and needs.

To live means to experience life. **Problems are only** solvable where they are (outside).

problem

Inside are feelings and needs, (internal dynamics) but no problems.

problempicture

individual

We experience through feelings.

Do you think that the problem is inside, the feelings will seem to confirm this mistake

BE or HAVE?

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

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

YOUR game or **OUR** game?

STEM-STREAMS

mbracing No. Culture, religion, art, boy, rivate No. Community, group of the community of the

Object of craving

linear HAVING focus

Object of fear

system clarifing cards

for an agile and flowing system understanding

functional system

- plan
- overpowering
 - legislatively
 - supervising
 - punitive

Result

- the source of everything

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

- please

beg

- attract
- deceive
- stage promise

individal

backpack



Really right this way

function fulfillment

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

collective experience

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

individual

the source of:

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

systemstructur

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

synergetic co-designing

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

interaktive sensitivity

- 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

The tool-cards

Possible tools for the four process fields of NVC-plus



quality

Yes deed action allowance

NHIBITO Protection plan of

now procedural, impulsive

peace

unfulfilled

time bound episodic, affective

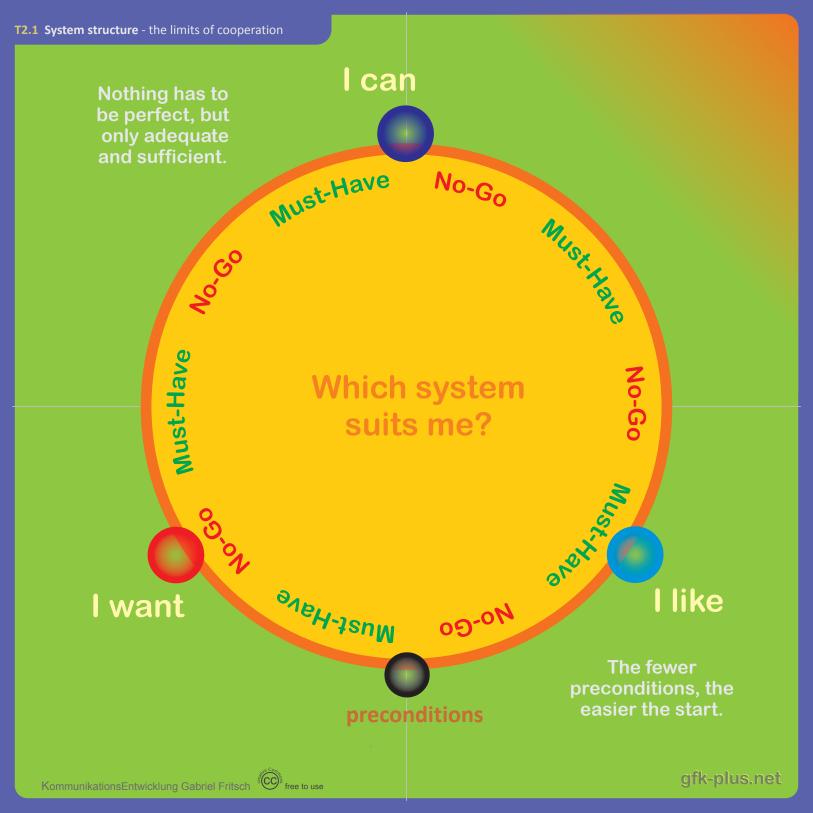
No

change stop terminate not doing

need

delayed

after all No despite



I can



nature of should things

- currents
- conversions to their orientation
- long-term trends
 - broadcasting standards
 - traffic planning
 - demagogic change

things

- the concrete situation
 - radio network
 - road network
 - barrier-free facilities

usage of - what happens on site things - tactical use - local phenomena

- tactical use
- - network connection
 - traffic light changed into roundabout
 - a new elevator



I like

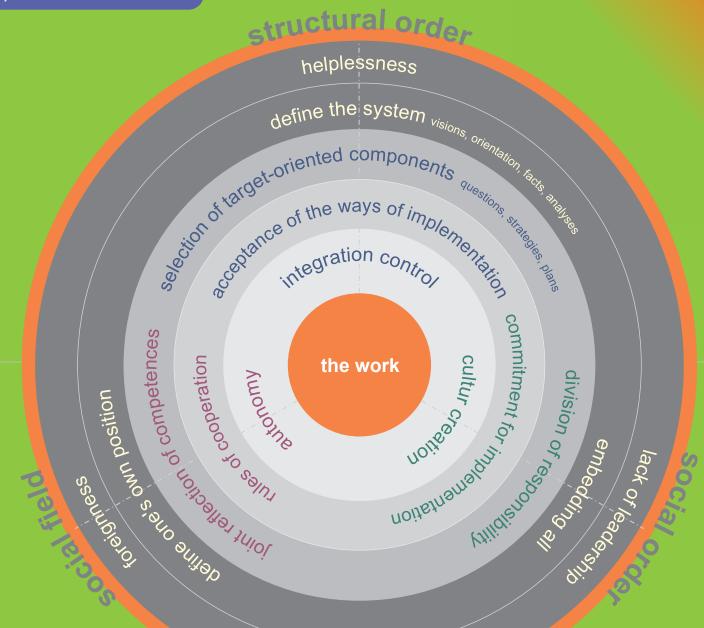
may



has to



I want



In the chaos a system arises. In the system a life-serving order arises. The order serves the co-working and co-designing.



Combined individual potentials create system fields.

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

Work

mission

joint synergetic field activation

> **Togetherness** develops in the game of the personalities.

of individuals.

The personality

develops in togetherness

potencial

weak point

gfk-plus.net

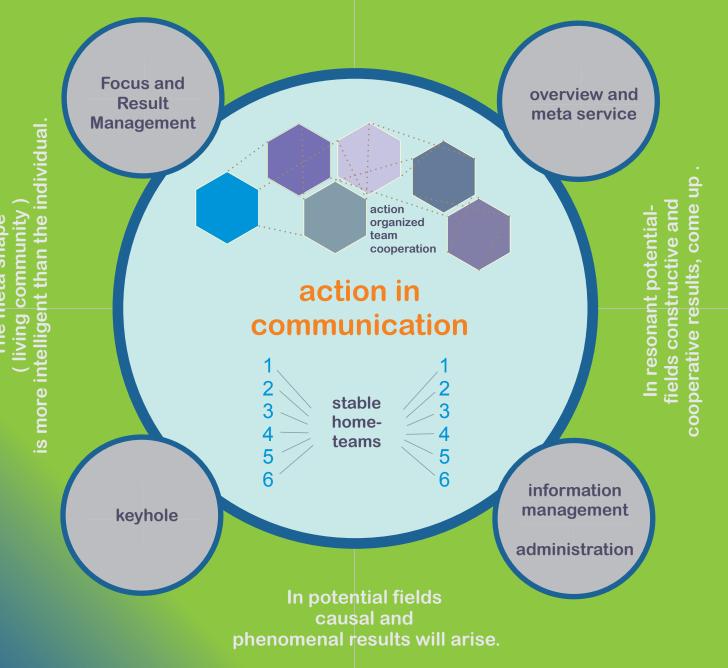
intensity vitality identity integrity personality seanance understanding Out of which parameters does our field arise? strategy presence centricity sion still loyalty empathy kindness resonance warmth affection sympathy Jojia vision dentance warmth affection sympathy tenderness eroticism s social confidence optim*ism* connection mindfulness conviction devotion ssaululawod emainen em congruence connecting parameters patience openiness cordiality dedication of seamess humor easiness Deace Harmon sobriety courage tolerance



Which parameters are currently required?

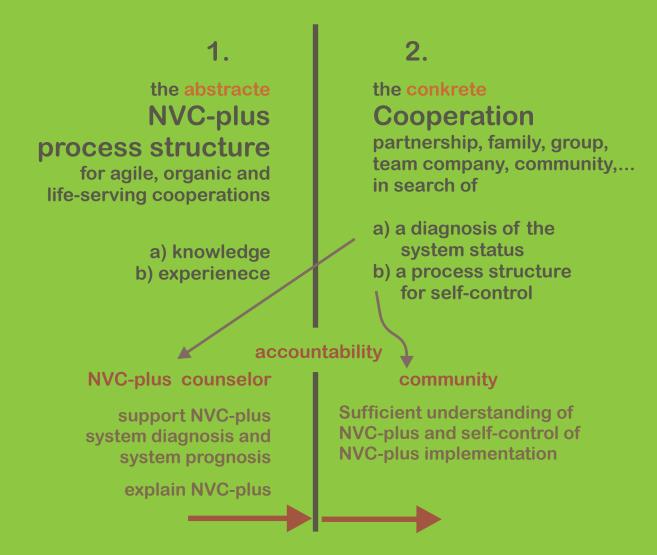
leadership: overview role model leadership leadership: overview role model model leadership leadership leadership: overview role model leadership lead transparency honesty sincerity component resilience common resilie analysis cleanliness endurance talent communication to take part to take part of take pa numic problem solving: to take part to take :Vigque lounos noireurs principal de la contra eninsel Villide albamonybaying of the sening resources

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".

Only practice will bring success

understand, practice, apply, share



Functions can be trained, Learning is best done in a playful way, with freedom and humor.

Who already knows how it works, has stopped learning.

A giraffe comes to the ...

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