

Parent Peer Leadership Program 2019-2020

Leadership Training
For People Who Are Sharing NVC with Parents

APPLICATION FORM

CONTACT INFORMATION

Email: Nvcpplp@gmail.com

(Please put "PPLP Application" in the subject line)

GUIDELINES FOR FILLING OUT THE APPLICATION

The following application is divided into three sections:

- I. Applicant Background, Experience & Hopes
- II. Contributions & Financial Information
- III. Instructions for Submitting Your Application

Please answer the questions in whatever way meets your needs for full expression and clarity. If you find your response to a particular question is already covered in another question, simply refer us to the relevant answer. Likewise, if you struggle to connect with a particular question, feel free to indicate this and to move on to the next question.

Section I of this application is designed both to give us information about you, and to give you an opportunity to engage in a process with yourself. Some people have expressed excitement about the questions and saw them as the beginning of their program and an opportunity for clarity and growth. While you may write as much as you like, we are not expecting more than a few lines for narrative questions.

To contribute to our ease in reading your responses, please keep our questions in bold and type your responses on a new line after each question, not in bold. We strongly prefer applications by email (rather than snail mail) if possible, for ease in processing.

(NOTE: If you have previously studied with Ingrid, or Stephanie, please contact us prior to filling out the application; a full application may not be necessary. Alumni of PPLP returning for a 2nd or subsequent year are required to complete only the "Personal Information" section and the Financial Section.)

APPLICANT BACKGROUND, EXPERIENCE & HOPES

A. Personal Information:

Name: _____ Email: _____

Phone-home: _____ Phone-work: _____

Phone-Cell: _____

Address: _____

City/State/Province/Zip/Postal: _____

Country: _____

Are you a parent? YES NO

If yes, how old is/are your child/ren? _____

We aim to have the most diversity in this program that we can: geographically, as well as in terms of race, class, gender, sexual orientation, nationality, etc. We aim for this diversity because we trust that it will increase our capacity as a network to reach more people. Toward this end, would you share with us any elements of your background, heritage, identity, or lifestyle that would help us be aware of the diversity within the group?

How did you find out about the PPLP?

A. Relationship to NVC

1. What are some of the ways that NVC has most affected your life? What most excites and moves you about NVC?

2. If you are a parent, what are some of the ways that NVC has contributed to your family life (if not covered above)?

3. If you are a parent, what are some challenges you have experienced in living NVC with your family?

4. Is there an active NVC community in your area? What is your involvement with that community?

B. NVC Training

1. When did you first begin studying NVC?

2. What training have you participated in/completed (approximate numbers are completely fine):
 - a) Total # of workshop days: _____
 - b) Retreats attended, year and length: _____
 - c) Total # of practice groups: _____
 - d) Other in-person training? _____
 - e) Telephone-based training? _____
 - f) Other? _____

3. Primary trainers you have worked with, if any:

4. Do these trainers know you? May we contact them if we have questions? If yes, please provide us with their contact information.

C. Integration of NVC

1. How would you personally assess your level of integration of NVC consciousness and skills?

1 = Great challenge; 5 = Great ease

	1	2	3	4	5
Recognizing my feelings and needs					
Recognizing my judgments/interpretations are not "reality"					
Translating my judgments/interpretations					
Opening my heart to the feelings and needs of others, no matter how they express themselves					
Verbally articulating an empathic guess					
Expressing what is in my heart					
Articulating clear, doable requests					
Ability to hear "No" and stay in dialogue					
Ability to express "No" open-heartedly					
Expressing needs, including when feeling anger, with full self-responsibility					
Understanding NVC consciousness					
Aware of NVC consciousness in my life					
Recognize NVC as a choice to use in life					
Choosing to use NVC when I believe it would contribute					
Living from NVC consciousness					
Living NVC with spouse/adult partner (if any)					
Living NVC with children (if any)					
Living NVC with family of origin					
Living NVC with others in my life					

2. In relation to the following situation:

A parent asks her two elementary school aged children to get their clothes and shoes on and be ready to leave the house in 10 minutes so they can make a dentist's appointment at the time they agreed to. They say okay. 10 minutes later the parent comes by the children's room and finds that they are still playing in their pajamas.

- a) What do you imagine are the feelings and needs of the children and the parent?
- b) Name three NVC options the parent might have for connecting with her children.
- c) Please write a short possible dialogue (back and forth) between the parent and children.
- d) What difference would it make if there was no time pressure involved in this situation? Might the parent make different choices? Would the dialogue be different?

D. Teaching Experience

- 1. Have you taught NVC before? Yes No
- 2. Have you taught NVC to parents before? Yes No
- 3. If you have taught NVC before:

a) Describe your NVC teaching experience (length of time you've been teaching, courses or workshops you have taught)?

b) What do you see as strengths and challenges you have as someone sharing NVC with others?

- 4. Have you taught other things to parents before? Yes No

If yes, what?

E. Hopes & Intentions in Joining the PPLP

- 1. Why are you applying to the PPLP? (Include in your answer how you imagine you might be able to use what you gain from this year in the future).
- 2. According to your understanding, do you meet the requested experience for this program?
 Yes No

If you answered "no," what leads you to believe that you are ready for this program?

3. To the best of your ability at this moment in time, are you able to make the following commitments requested by the PPLP. If you answer "No" or "Unsure" to any of the questions, please share with us your concerns and also possible strategies for handling any challenges you anticipate:
- a) Will you be able to participate fully in all program components (video-conferences, written assignments, empathy buddies etc.)?
 Yes No Unsure
 - b) Are you willing to commit to setting aside a minimum of about 3-4 hours a week for buddy calls, video-conferences, reading, journals and/or other opportunities offered by the program, keeping in mind that some of these components also affect other participants?
 Yes No Unsure
 - c) Will you be able to share NVC with parents for a period of at least one year following the end of the program?
 Yes No Unsure
 - d) During the year following the end of the program, are you comfortable with offering at least some programs free of charge?
 Yes No Unsure
 - e) Are you willing to make NVC your principal parenting strategy for the duration of the program?
 Yes No Unsure
4. Do you have any specific expectations that you are aware of about what you would like to learn in this program or about how the program would be structured?

F. Anything else?

1. Is there anything else you would like us to know?
2. Do you have any requests of us at this time?

II. CONTRIBUTIONS & FINANCIAL INFORMATION

We try to relate with money in line with our value of considering everyone's needs. Please read the website page on finances before filling in this section <https://www.nvc-pplp.com/Finances.html>

The tuition amount we request for participation in the Parent Peer Leadership Program in 2019 is as high within the four option sliding scale of USD \$1,800 - \$2,400 as you are able to (includes all materials). NOTE: For PPLP alumni who are returning for a 2nd or subsequent year, we request tuition of USD \$800.

As we have shared, we long to include everyone who has a strong draw to this program, regardless of financial resources. At the same time, we want a full sense of partnership and shared responsibility. Therefore, we are asking you to engage with a process with us around the decision of how much to contribute, before making a decision about it. We see this as an opportunity to invite everyone into engagement with their process, awareness of their options, and full choice about the needs they want to attend to. We are excited to hold this information with you and curious to discover what this process will lead to.

A.

- 1. What considerations are going into your choice about how much to contribute?**

- 2. What needs of ours are you aware of?**

- 3. If you contribute more, will that have an impact on your choices in other areas of your life that are essential for you? In what way?**

- 4. If you contribute less, what impact will that have on your needs?**

- 5. Have you considered raising funds to cover the program costs or to increase what you are able to contribute? If yes, what are your plans?**

If you are choosing not to raise funds and are not able to cover the program costs, what needs are you attending to by making this choice? Would your choice change if we could offer you more support with strategies for fundraising?

B. Determine your Own Program Tuition Contribution in USD

The amount we request from program participants for their tuition ranges between USD \$2400-\$1800, with four payment level options. This includes all materials and the tuition for the whole program. NOTE: For PPLP alumni who are returning for a 2nd or subsequent year, we request tuition of USD \$800.

We request that each participant choose the payment option below that reflects their financial commitment to the PPLP. On acceptance, we'll send you the necessary information for you to proceed to finalize your registration, pay a USD \$300 non-refundable deposit, and installments that reflect your payment level option.

The tuition contribution for the PPLP covers the participant's costs for ALL the program components.

We request that each participant pay a USD \$300 non-refundable deposit upon acceptance. And offer four payment plans. NOTE that all payments are in US dollars.

Based on the process you engaged with in part A of this section, please choose one of the following:

___ Option A: Full cost USD \$2400

This level supports a resilient, sustainable program and allows us to offer a small number of scholarships.

\$2400 with a \$300 deposit and 4 payments of \$525

___ Option B: Full cost, with a 15% discount for a lump sum payment, of USD \$2040

This level supports a resilient, sustainable program and allows us to offer some scholarships.

\$2040 with a \$300 deposit and one lump sum payment of \$1740

___ Option C: Sustainability USD \$2100

If the majority of people pay at this level, the program remains sustainable.

\$2100 with a \$300 deposit and 4 payments of \$450

___ Option D: Scholarship USD \$1800

This is a scholarship level for people with low income. We offer a limited number of scholarships.

\$1800 with a \$300 deposit and 4 payments of \$375

___ USD \$800 Returning Participant

I am returning for my second or third year of the PPLP.

Initial \$300 deposit and one lump sum payment of \$500

___ I am unable to contribute within the sliding scale and would like to request further financial assistance. Please read and fill in the relevant section below. We cannot guarantee that we can offer you a place.

Payment Timelines

Once your participation in the program has been confirmed, we ask for a non-refundable deposit of USD \$300. This covers our expenses for planning, administration costs, and materials preparation. Details about deposit and tuition contributions will be sent to you upon acceptance into the program. We request all contributions for Program Tuition to be made by check or Paypal (you will receive instructions on how to do this).

* The four installments are due:

NOVEMBER 1st, FEBRUARY 1st, APRIL 1st and JUNE 1st.

If you are choosing one of the option plans with 4 installments, please take a moment right now to mark those dates on your calendar.

Missed/Late Payment Charges

We charge a 20% fee for all missed or late payments. Please monitor your payment plan agreement with care. To honor a sense of partnership and mutual consideration, we kindly request that you contact us promptly in case of any change in the financial agreement plan.

Refund and Cancellation Policy

If the program has not yet started, we are generally happy to offer full refunds MINUS the initial USD \$300 deposit, as long as we are able to fill the spot of the person withdrawing.

If you choose to withdraw from the program within the first 30 days of the first video-conference, we are happy to refund the balance of your payment (or stop monthly charges) minus the USD \$300 deposit and one month's payment.

After one month of the program beginning, we generally do not offer a refund or stop monthly charges. If you are considering withdrawing from the program, please contact Stephanie and Ingrid right away, so we can discuss everyone's needs before you simply stop participating or change your financial agreement. We consider this a process of living in a consciousness of partnership.

Scholarships or Further Financial Assistance

We offer a scholarship level in our payment options. If many people were to choose this scholarship option, the program would not be sustainable.

However, we also recognize that there may be people who are strongly drawn to the program for whom the full or sustaining level of the sliding scale is still beyond their ability to pay, and we long to include them! We have set aside a limited amount of scholarships for this reason.

We are particularly hoping to support participants who will bring NVC to communities that may not otherwise be reached. Please do not apply for a scholarship if you are able to pay the full or sustaining cost, or if you are not fully committed and able to follow through with the program or the payment plan, as you may be taking the place of someone who would.

If you are not able to contribute within the sliding scale, please note that you will be placed on a waiting list until we have enough participants paying within the sliding scale to make the program sustainable. Once this has been reached, we will be contacting people on the waiting list about the possibility of financial assistance.

We hope to include you—please do not agree to pay the full cost just to assure your place, if you cannot reasonably commit to following through. Contact us at Nvcplp@gmail.com if you have any questions or concerns about this.

- 1. If you are requesting financial support, please tell us a little bit about the circumstances in your life that make it difficult to contribute the amounts we're requesting. This helps us connect with your needs.**
- 2. How do you intend to use what you learn at the training in the world? Tell us a bit about the community you are hoping to reach. This helps us understand how our financial support will reach others.**
- 3. Would it help if you could pay the tuition in more long-term installments?**

4. Have you considered fundraising?

4. What portion of the tuition are you able and willing to pay?

5. In addition to tuition, is there anything else that you want to offer us?

III. INSTRUCTIONS FOR SUBMITTING YOUR APPLICATION

We'd like to receive your application by September 15th or earlier, though we will continue to accept applications until the program is full.

Our preference is to receive the application form by email (preferably as an attachment, so formatting is not lost).

Email the application to Nvcpplp@gmail.com with "PPLP Application" in the subject line.

We will contact you if we have further questions or would like a phone interview.

We intend to inform applicants of their acceptance into the program by September 30th OR SOONER for early applicants. Please send your application as early as you are able—no need to wait for the deadline.

Once your acceptance into the program has been confirmed, we will email you the necessary information to complete your registration, pay your deposit, and sign up for a payment plan.

When this is complete, you will receive links to access the Wiki website and all the program materials.

Thank you so much for taking the time to fill out and submit your application. We are looking forward to being in touch with you soon.

Warmly,
Ingrid, Stephanie and the PPLP leadership team