



What does it mean to be an Assistant in the Convention? **“Rising For Life Convention” Cadiz, Spain, Program Website**

“In a residential retreat such as ours, during these delicate times, the role of the assistant is both profound and essential. Assistants serve as anchors of emotional support and facilitators of safety, offering a grounding presence for participants as they explore deep, sometimes challenging material. Assistants help create and maintain a nurturing environment, ensuring that participants feel both held and heard, especially when engaging with the vulnerability that often arises in such transformative work. They act as role models of nonviolence, demonstrating patience, active listening, and care, while also providing logistical support to ensure smooth operations. Their presence allows participants to dive deeper into their learning, knowing that they have compassionate support, both in moments of personal discovery and in navigating the collective challenges that arise in a group setting. In these uncertain times, the assistant’s role is pivotal in upholding the retreat’s commitment to peace, connection, and a beloved community where everyone can feel safety and belonging while growing and learning together.”

Role Description for Assistants

The role of the Assistants is to support the overall well-being of the participants and the team, both during and outside of sessions.

Supporting Individuals and the Community in NVC and Other Related Processes During the Sessions

During the Sessions:

- Ensure that participants have someone to practice with by pairing people for exercises as needed or moving between small groups to support their process when requested by the trainers or facilitators.
- Be available to offer or accept requests for empathy and one-on-one NVC processes with participants. This may involve stepping outside the room with someone who is overwhelmed or distressed, offering support, or checking in with individuals who may have left the room feeling overwhelmed or distressed.

Roles and Expectations Outside of Sessions

In general, be ready to support the community in maintaining a safe and welcoming environment, both emotionally and logistically.

- 1. Take part in daily assistant check-ins/meetings.**
- 2. Be a supportive member of the assistants team.**
In order to hold space for participants with care and provide a safe emotional presence throughout the training, it is essential to practice self-care and support one another within the assistant team. Additionally, assist the trainer team as much as possible in supporting everyone's process with compassion, presence, and care.
- 3. Serve as a welcoming resource for support, both logistical and emotional, as well as regarding NVC content.**
Stay as informed as possible about the schedule and any other information that participants may need to navigate the convention. Support the team and participants in communicating about well-being, practical needs, emotional requests, and offerings that arise on both ends.
- 4. Participate in the daily logistical setup of the workshop space.**
Care for and **mobilize the community** to care for things such as arranging chairs, replenishing the tea and coffee table, writing and hanging signs with the daily schedule, keeping the schedule on track, and ensuring things run smoothly and on time, or other aspects of holding a safe and nourishing experience for everyone.
- 5. Conflict Resolution Team (CRT).**
The Conflict Resolution Team (CRT) is composed of Assistants with training and experience in conflict resolution who will support the learning community in resolving conflicts that may arise.

Team Preparation and Debriefing Process

- **Before the Training:** Participate in 2-3 team prep Zoom calls.
- **After the Training:** Participate in 1-2 debrief Zoom calls.

Additional Information

The convention is 8 days long, consisting of 6 full days of training and two half-days (upon arrival and departure). We plan to have a ratio of about 1:7 assistants per participant.

Financially: Assistants are not paid and contribute 1000 Euros in Tuition (a 600 or 700 Euros discount from the general tuition cost). They are also responsible for covering their room and board, travel expenses, health insurance, etc. Please find more information about accommodation pricing during the retreat [here](#).

*** Assistants on the Certification path:** NVC Rising is happy to issue a certificate of participation to assistants who want one to support their NVC Certification candidacy.

For any questions regarding the assistant role or application process, please contact Paula Naomi or Mariedi, our assistant coordinators, at paula@nvcrising.org, naomi@nvcrising.org, mareidi@nvcrising.org.

Thank you for applying to join our team!



Join **NVC RISING** for the in-person convention, ["Rising For Life"](#) in May 2025 in Cádiz, Spain!