

## REQUESTS TO THOSE USING THE NVC DANCE FLOORS FROM BRIDGET & GINA

We trust you will hear these requests with the word 'please' in front of each one. We want to respect your needs that might prevent you agreeing to them. Also we really do want you to take our needs into account, and we hope you feel our vulnerability and wish to contribute and that this will inspire you to act according to our requests.

### **If you are willing to act on our requests this would fulfil our needs for:**

Connection, encouragement, recognition, consistency, clarity, respect for our care in the development of this work, sustaining the quality of the work, effective use of everyone's time, financial support, creativity, synergy, feedback, acknowledgment of our contribution, satisfaction of knowing how our work has spread, opportunity to contribute to life

### **If you want to use the Dance Floors with a group**

- please read the handbook first
- please give this page to each person in your group

### **If you want copies of Dance Floor cards, handouts and this handbook**

- we would like you to obtain them from us, or one of our distributors who are listed on our website. See our website for information about how to order.

### **If our prices prevent you from ordering these materials**

- please email us with information about what amount you would be willing to offer us. We are eager to support the spread of NVC to people in all economies, so please do contact us.

### **If you choose to copy the materials after reading both of our requests above**

- please donate an amount equivalent to our price. A donations

page is on our website. If you are short of resources to do this, please see the request above.

- please use our colour coding and print the words 'The NVC Dance Floors by Bridget Belgrave & Gina Lawrie [www.NvcDanceFloors.com](http://www.NvcDanceFloors.com)'

### **If you want to translate the cards and/or this handbook**

- contact us to discuss

### **We prefer you to use the Dance Floors as we have designed them. However, if you make an adaptation of a Dance Floor**

- please send us a copy
- print on your version: 'Adapted from (or Inspired by, or Based on) 'The NVC Dance Floors' by Bridget Belgrave & Gina Lawrie, [www.NvcDanceFloors.com](http://www.NvcDanceFloors.com)'

### **If you create something similar**

- please would you choose a name for it that clearly distinguishes it from 'The NVC Dance Floors' and 'Dance Cards', and use our acknowledgement wording as in the request above

### **If you run a workshop/training that is mainly about the Dance Floors**

- please write on your publicity: 'The NVC Dance Floors are a method for learning NVC created by Bridget Belgrave and Gina Lawrie, [www.NvcDanceFloors.com](http://www.NvcDanceFloors.com)'
- at your workshop offer people our contact information so they know how to get the Dance Cards and the handbook

### **If you would like to contribute to our ability to develop NVC materials and make them available to others**

- please make a donation on line

**Feel free to contact us at:  
[info@nvcdancefloors.com](mailto:info@nvcdancefloors.com)  
[www.NvcDanceFloors.com](http://www.NvcDanceFloors.com)**