

The Reciprocity Principle & Powerful Non-Defensive Communication™ (PNDC)

8 Training Tracks Course Checklist

TRACK I: Core Reciprocity Concepts that Shape Human Experience

3 Programs with a total of 14 Options ~ 2-3 hours each

1. The Impact of Power Struggle & Reciprocity Paradigms on How We Interact

Recommended as a Pre-Requisite for both the Core Concepts

Series & the PNDC Skills Trainings

Course number: T1P1

2. The Reciprocity Principle

Recommended as a Pre-Requisite for both the Core Concepts Series & the PNDC Skills Training

Course number: T1P2

3. Core Concepts: From Power Struggle to Reciprocity

Track I: Program 3 – Core Concepts – Power

Course number: T1P3Power

Track I: Program 3 – Core Concepts – The Authority Continuum

Course number: T1P3Auth

Track I: Program 3 – Core Concepts – Vulnerability

Course number: T1P3Vuln

Track I: Program 3 – Core Concepts – Protection

Course number: T1P3Prot

Track I: Program 3 – Core Concepts – Difference

Course number: T1P3Diff

Track I: Program 3 – Core Concepts – Loyalty

Course number: T1P3Loyal

Track I: Program 3 – Core Concepts – Honesty

Course number: T1P3Honest

Track I: Program 3 – Core Concepts – Accountability

Course number: T1P3Acct

The Reciprocity Principle & Powerful Non-Defensive Communication™ (PNDC)

8 Training Tracks Course Checklist

- Track I: Program 3 – Core Concepts – Trust
Course number: T1P3Trust
- Track I: Program 3 – Core Concepts – Intimacy
Course number: T1P3Intmc
- Track I: Program 3 – Core Concepts – Compassion
Course number: T1P3Comp
- Track I: Program 3 – Core Concepts – Freedom
Course number: T1P3Free

TRACK II: Powerful Non-Defensive Communication™ Skill Sets

4 Programs ~ Standard Trainings: 6-12 Hours Each

- 1. Introductory Workshop
A revolutionary Method for Eliminating Defensiveness
Recommended as a Pre-Requisite for both the 3 other PNDC Skills Trainings, but not required
Course number: T2P1
- 2. Powerful Non-Defensive Questions Getting at the Heart of an Issue Quickly
Course number: T2P2
- 3. Powerful Non-Defensive Statements
Honesty Without Judgment
Course number: T2P3
- 4. Powerful Non-Defensive Predictions
Fostering Competence & Reciprocity
Course number: T2P4

The Reciprocity Principle & Powerful Non-Defensive Communication™ (PNDC)

8 Training Tracks Course Checklist

TRACK III: Issue-Focused Trainings

Applying PNDC Skills to Common Issues in Home, Work & Community Settings
More than 22 Options: 1-3 Hours Each

1. Focus On Your Own Process

Track III: Issue Focused - Eliminating Our Own Victim Mindset
Course number: T3P1-victim

Track III: Issue Focused - Letting Go of Old, Internal, Self-Defeating Scripts
Course number: T3P2-lettinggo

Track III: Issue Focused - Transforming Our Experience of Vulnerability ~ From Weakness to Strength
Course number: T3P3-vulnerability

Track III: Issue Focused - The Authority Continuum ~ From Power Struggle to Inspiring Leadership
Course number: T3P4 – authority

Track III: Issue Focused - 4 Positions that Lead to Misuses of Authority & One that Maximizes Healthy Boundaries
Course number: T3P5

Track III: Issue Focused - Are Your Protective Urges Backfiring?
Course number: T3P6 – protective

Track III: Issue Focused - The Agenda Trap
Course number: T3P7 – agenda

Track III: Issue Focused - Identifying & Defusing Key Attitudes & Behaviors that Trigger Us
Course number: T3P8 – attitudes

Track III: Issue Focused - How Can We Change Our Unwanted Habits Faster?
Course number: T3P9 – habits

The Reciprocity Principle & Powerful Non-Defensive Communication™ (PNDC)

8 Training Tracks Course Checklist

- Track III: Issue Focused - Pitfalls in Common Communication "Best Practices" ~
Applicable for both Professional (ADR, Mental Health, etc.) and Personal Interactions
Course number: T3P10 – bestpractices
- Track III: Issue Focused - Can I have Strong Emotions and Still be Non-Defensive?
Course number: T3P11 – emotions
- Track III: Issue Focused - The Power of Tone ~ For Women
Course number: T3P12 – tonewomen
- Track III: Issue Focused - The Power of Tone ~ For Men
Course number: T3P13 - tonemen
- Track III: Issue Focused - From Judgment to Curiosity "Beam Me Up, Scotty!" ~
Instant Transportation to New Realities
Course number: T3P14 – judgement

2. Focus on Responding to Other People's Attitudes and Behaviors

- Track III: Issue Focused - Reacting Quickly & Effectively to Six Primary Defensive
Modes
Course number: T3P15 – defensemodes
- Track III: Issue Focused - A Parlor Game: What Defensive Mode is That?
~ An Exercise to Practice Quickly Recognizing Which of Six Defensive Modes is
Being Used in a Variety of Common Interactions
Course number: T3P16 – parlorgame
- Track III: Issue Focused - Why Do We Give Negative People So Much Power? ~ It's
Time to Stop!
Course number: T3P17 – negative
- Track III: Issue Focused - Denial ~ One of the Crazy Makers
Course number: T3P18 – denial
- Track III: Issue Focused - Micro-Inequities ~ Small Insults That Do Great Damage
Course number: T3P19 – inequities
- Track III: Issue Focused - Bogus Apologies ~ The Blame Game
Course number: T3P20 – apologies

The Reciprocity Principle & Powerful Non-Defensive Communication™ (PNDC)

8 Training Tracks Course Checklist

- Track III: Issue Focused - Responding to Criticism Without Getting Defensive Who, Me? I Didn't Make a Rude or Crude Remark ~ Dealing with People Who Say Offensive Things & Claim We Misunderstood Them
Course number: T3P21 – criticism

- Track III: Issue Focused - Whose Side are You On, Anyway? ~ Caught in the Middle Between Two or More Other People
Course number: T3P22 – inthemiddle

- Track III: Issue Focused - Methods for Responding to Bullies Without Engaging in Power Struggle
Course number: T3P23 - bullies

- Track III: Issue Focused - Burned Out on Giving Encouragement ~ How to More Successfully Inspire Others to Gain Hope and Strength-Without Ending Up Exhausted
Course number: T3P24 – encouragement

- Track III: Issue Focused - Reclaiming Civility ~ The Real Article, Not a "False Front"
Course number: T3P25 – civility

- TRACK IV: Practice Groups for Personal & Professional Growth**

- TRACK V: Coaching and Executive Consulting**

- TRACK VI: Personal and Professional Growth Inventories**
 - 1. The Self-Evaluation Learning Formula™ — SELF Workshop (12 hours)
Course number: T4P1-WRK

 - 2. Powerful Non-Defensive Leadership Inventory
Webinar: 1 Session ~ 3 Hours
Course number: T4P2-WEB

- Track VII: Changing Blueprints ~ Changing Reality**
The System We Use to Create Our Own Life Experiences – 12 hour workshop
Course number: T7P1-WRK

The Reciprocity Principle & Powerful Non-Defensive Communication™ (PNDC)

8 Training Tracks Course Checklist

Track VIII: Trainer's Training Program

Tier I: Basic PNDC Trainer's Training Program

Track I ~ Core Concepts: 3 of the 14 2-Hour Sessions; Total Hours: 6

~ We also encourage people to take as many of these sessions as possible as they help internalize the understanding of how beliefs about 12 core human experience impact people's lives

Track II ~ PNDC Skill Sets: 4 Courses, 12 Hours Each, Total Hours: 48

PNDC Introductory Workshop

PNDC Questions

PNDC Statements

PNDC Predictions (Limit Setting)

Track III ~ Topic Focused Sessions: 3 Required Sessions, 2 hours each; Total Minimum Hours: 6

Eliminating Our Own Victim Mind-Set

Freeing Ourselves of Old, Internal, Self-Defeating Scripts

How do We Stop Giving Negative People so Much Power

~ We also encourage people to take as many of these sessions as possible as they help internalize the skills needed to apply the process to a wide range of situations.

Track IV ~ PNDC Practice Group: 11 Monthly Required Sessions, 3 hours each; Total Hours: 33

The Reciprocity Principle & Powerful Non-Defensive Communication™ (PNDC)

8 Training Tracks Course Checklist

Track V ~ Not Required

Track VI ~ Coaching & Consulting: Minimum 6 individual sessions over an 11 month period; total Hours: 9

Track VII ~ Personal & Professional Inventories

Track VIII ~ Trainers' Training Program:

Part One: A 7-Day Retreat, 8 Hours per day: Total hours 57

This consists of 3 hours in the morning, 3 in the afternoon, with a two hour afternoon break and 2 hours in the evening.

Part Two: A 1.5 hour presentation by video-recorded webinar for a condensed version of key information about the (1) The War Model for communication, (2) Introducing the PNDC Model, (3) PNDC Questions, (4) PNDC Statements, and (5) PNDC Predictions.

Part Three: Sharon or another PNDC trainer will review your video with you and provide feedback for further honing your skills. Total Hours: 2

102 Total Hours for Course Work Prior to Trainers' Training Week Long Retreat:
Breakdown of hours: 25.5 hours per quarter ~ 6.4 hours per month

61 Total Hours for Trainers' Training Retreat, Presentation & Debrief
61 Hours in one week; Hours in one week

163 Total Training Hours

Tier II: Advanced PNDC Trainer's Training Program

Requirements: All of Requirements for Tier I, plus:

Track I ~ Core Reciprocity Concepts: Additional 11 programs, 2 hours each: Total hours 22

Track III ~ Topic Focused Sessions: Additional 3 Sessions, 2 hours each; Total Minimum Hours: 6

Track V ~ Changing Blueprints, Changing Reality: Additional Webinar or Workshop: Total Hours: 12

Track VII ~ Coaching & Consulting: Additional 6 Sessions, 1.5 hours each; Total Minimum Hours: 9 hours

49 Additional Pre-Retreat Training Hours for 151 Total Pre-Retreat Hours & 212 Total Hours
Breakdown of Pre-Retreat Training Hours: 37.75 hours per quarter; 9.5 hours per month

The Reciprocity Principle & Powerful Non-Defensive Communication™ (PNDC)

8 Training Tracks Course Checklist

☐ Tier III: Masters' PNDC Trainer's Training Program

Requirements: To become a PNDC Master Trainer requires taking all the available courses, doing additional retreats, and having a minimum of teaching 25 PNDC courses, plus getting additional coaching. For Master Training programs, we issue invitations to people who have shown outstanding skill.