

Biography Susana Rusch Garcia

trainer, writer, coach



Extending what enriches life, what a gift. Witnessing how participants relax, discover more choice, power and clarity... what a privilege to contribute to abundance. November 2006 I met Marshall Rosenberg in Rotterdam, Holland. Now I am certified as a trainer with the Centre for Nonviolent Communication in Albuquerque, New Mexico, USA. - August 2013, Susana Rusch Garcia

Life

My life and earning a living naturally grew into becoming an NVC trainer, coming home doing so, because my 'job' is my heart speaking. NVC made it possible to give life back to myself. For about ten years, until 2010, I was a writer & journalist, a 'one parent family' and at the same time juggling with psychiatric labels. NVC brought clarity, power and vulnerability into every day life. Healing and freedom later on.

Love

I met Jan Carel van Dorp in February 2008, leading a practice group I joined. Now, five years later, we still practice: as partners in life and business we both give NVC trainings & coaching and inspire each other. Psychiatry is over, done, history. Thank you Marshall, for the NVC toolkit that made it possible to give life back to myself. No pills, no depressions, no psychosis, no more labels. But feelings, needs, empathy and honesty instead. The only way to say *thank you* is to spread NVC as much as I can over this dear planet.

Work

Since 2010 our website www.ncgc.nl is online: the Dutch Centre for Great Communication. Both Jan Carel and me give (in-company) training, coaching, workshops and courses in Nonviolent Communication. I also give several writing courses. All courses have in common that they create a sense of openheartedness, solidarity, silence, chuckling and insight. Last but not least I give courses to children age 8 to 12 in schools. There I mix theatre sports with NVC, short meditations, mindfulness and sharing circles. What a joy.

Community

November 18, 2008, we had the first meeting of our Dutch speaking NVC circle: I was the secretary for two years. In January 2011 I helped writing & designing this circles website, together with Monie Doodeman: www.geweldlozecomunicatie.org Although less active, I'm still a member of this circle, writing a book about NVC and my life now. With my passion for writing, I loved helping Jan Carel van Dorp re-translate Marshalls book, launched in February 2011, meeting my need for integrity & respect for Marshalls work.

Spreading NVC

In February 2011 I offered NVC cabaret, together with my friend and training actor Roger Vossen. We performed a crazy empathy session, a Dutch version of *See me beautiful*, (we sang with 150 people, a guitar and violin) and an NVC basic song (explaining OFNR). We also did *The man from Empathema* (girl from Epanema). Meeting my need for joy, clarity and joyfully sharing/learning NVC. I had a 4 min. radio interview on the 28th of February 2011, for a local Radio Station about NVC, with lots of positive feed back.

Teaching NVC spirituality

I can only teach verbally what my attitude confirms. I can only live and show the example I want this world to look like. Live the example of having a choice in how to respond, the example of empathy, where only five years ago I might have reacted out of contraction. I offer experiences: every person is free in what to learn or not from experience. When students still focus on solutions, I say that's OK for me, but it is *not* NVC. Because NVC is about: connection, and giving and receiving from the heart.

NVC trainings I facilitated

- Staf ProRail (Company, Utrecht)
- Staf De Nederlandse Bank (Company, Amsterdam)
- Staf Centraal Justitieel Incasso Bureau (Company, Leeuwarden)
- Staf Volks Universiteit (VU) in Utrecht (People University)
- Children at schools in Utrecht, age 8-12 (Utrecht)
- Apart from in-company trainings, I trained about 500 adults at our own company & VU
- Over 140 days of experience facilitating NVC trainings to adults, kids and companies

Coaching experience

I coached 15 adults, among which 3 couples. I learn couples to listen to each other, understand their own truth and the true meaning (needs) of what their partner says. I also coached my son when he had a panic attack and guided him during four months every time the fear came back. Last but not least I 'listened' to friends of my son, having a hard time after another friend had killed himself in front of a train. They feel relief sharing and notice someone is really listening without judging, advice, etc.

Influenced

I'm deeply touched and influenced by: Marshall Rosenberg, Tibetan Buddhism, Sogyal Rinpoche and his 'Tibetan book of living and dying', Eckart Tolle (bridging Buddhism & Christianity for me), Thich Nhat Hanh, Peter Levine and the clarity of his book: 'In an unspoken voice: How the Body Releases Trauma and Restores Goodness.' The book 'The hidden message of psychiatric diseases: the truth heals illusion', by Prof. dr. Franz Ruppert gave me insight and clarity about systemic healing work. Byron Katie, Deepak Chopra and Judith Kravitz (founder of Transformational Breathing) inspire me as well as the Course of Miracles. An impression of trainings I followed, that inspired & nurtured me the last years:

- International Intensive Training (IIT) 9 days with Marshall Rosenberg (2011, New Mexico, USA)
- East West Advanced, 5 days in July 2011 with Eva Rambala in Hungary
- Train the Trainer, 7 days in England with Robert Gonzales & three other NVC certified trainers
- I followed 56 days of NVC training with certified NVC Trainers, among which above mentioned
- In total I followed 72 days of training in NVC from national and international NVC trainers
- Leadership Embodiment, 3 days with Anouk Brak

Before 2000

From 2000 until 2010 approximately, I was a writer & journalist. Before that I was an architect, actually an engineer, with a focus on renovation and interior. I worked as an architect from 1993 until 1997.

September 4, 1997 my son was born. Five months later I collapsed. It took 6 months to recover and I decided to be a full time mother the first few years. In October 2000 the local newspaper asked for a correspondent. A few weeks later my first article was published and my career had changed into writing and editing. In 2003 we divorced and in May 2005 I moved to where I live now, Bilthoven. After writing for newspapers, I worked for several communication offices and institutes as a business journalist and writer. In 2009 I decided to invest in and dedicate all my time to learning and teaching Nonviolent Communication: a decision out of trust instead of fear for loss of income. I started to follow my heart.

Personal information

born October 11, 1965 in Zürich, Switzerland. From the age of 1 I lived in the Netherlands.
study Architecture at the Technical University in Delft (1985-1992). Got my engineers diploma in November 1992: I designed a new library for the University of Utrecht as a final commission.
mother My only child and son Jord was born at home, the 4th of September 1997 in Utrecht, Holland. Since 2003 (divorce) happy co-parent of Jord, living apart together with Jan Carel van Dorp.
training Since 2006 student of Buddhist organisation Rigpa. Between 20 and 27, I did courses in: drama, attitude, presentation and voice building. Recently Japanese drumming and theatre sports.
speak I speak, read and write Dutch, Engels & Spanish fluently. I speak German and French as well.
car I have my drivers license and a car of my own