

NVC CERTIFIED TRAINER

Certification Preparation Documentation

Training Log & Record of NVC-Sharing Activities

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Purpose of This Document

This document compiles the Nonviolent Communication (NVC) training received from CNVC-affiliated Certified Trainers, together with a record of NVC-sharing activities, in preparation for the CNVC Certified Trainer certification process. Training days are converted according to the CNVC Certification Preparation Packet standard (6–8 hours = one full day of training).

1. Training Received from CNVC-Affiliated Certified Trainers

CNVC certification requires a demonstrated grounding in NVC consciousness, a deep understanding of the NVC process, and proficient teaching skills. The foundation for these begins with training received from Certified Trainers. The record below spans training received in Korea (2022–2023), international residential intensives (2024–2026), and specialization programs begun in 2025 and 2026.

1.1 Foundational Training in Korea — NVC1, NVC2, NVC3

All three foundational courses were completed at the Korea Center for Nonviolent Communication (Seoul), each under a different Certified Trainer — satisfying CNVC's requirement of receiving guidance from at least three different Certified Trainers.

Course	Trainer	Dates	Location	Hours	Converted Days
NVC1	Sang Mi-Hong	2022.10.16 – 11.27	Seoul, South Korea	21h	3.5
NVC2	Sook Hee-Kim	2023.5.25 – 7.20	Seoul, South Korea	24h	4.0
NVC3	Hyo Sun-Kim	2023.8.17 – 9.19	Seoul, South Korea	27h	4.5

Table 1. Foundational NVC training, Korea Center for Nonviolent Communication.

1.2 International Residential Intensive Trainings

Following the foundational courses, training extended to international residential programs, including two International Intensive Trainings (IIT) — CNVC's signature immersive format, strongly recommended prior to certification.

Program	Trainer(s)	Dates	Location	Days	Status
Community Building Workshop	Sabine Geiger	2024.2.2 – 2.4	Gimhae, South Korea	2.8	Completed
IIT — Ontario	Duke Duchscherer et al. (4)	2025.6.20 – 6.29	Ontario, Canada	9.0	Completed
Ottawa Life-Lab Retreat	Rodger Sorrow et al. (3)	2026.7.8 – 7.12	Arnprior, Ontario, Canada	5.0	Completed
IIT — Bali	To be confirmed	2026.9.17 – 9.26	Bali, Indonesia	9.0	Upcoming

Table 2. International residential training. Trainer names for the Bali IIT will be added upon completion.

1.3 Specialization Programs

Three specialization programs, begun in 2025 and 2026, extend training beyond the foundational and residential formats above. Ongo participation is confirmed by an official Certificate of Participation, and the International Mediation Program concluded its final training session on August 24, 2026. Loving Kindness Meditation remains in progress.

Program	Trainer(s)	Period	Format	Status
International Mediation Program	Liv Larsson, Kay Rung (Friare Liv)	2025.10 – 2026.8.24 (final session)	Online; ~151h (76h trainer-led + 75h integration practice)	Completed (certificate pending)
Ongo Book: Everyday Nonviolence — Series 1	Hope Moffatt (host/facilitator)	2025.8.25 – 11.16 (12 weeks)	Online (Zoom); weekly group + empathy buddy practice	Completed
Ongo Book: Everyday Nonviolence — Series 2	Hope Moffatt (host/facilitator)	2026.2.22 – 5.17 (12 weeks)	Online (Zoom); weekly group + empathy buddy practice	Completed
Loving Kindness Meditation	Barbara Esher	2026.5.11 – present	Daily, 40 minutes	In progress

Table 3. Ongo completion confirmed by Certificate of Participation (Hope Moffatt, Host/Facilitator; issued 2026.8.20, Fort McMurray, Canada), covering two 12-week series of *The Ongo Book: Everyday Nonviolence* (Catherine Cadden and Jesse Wiens Chu). Weekly session structure (1.5h group practice + 1h empathy buddy) follows the format described in the hosting trainer's program communication; the certificate itself does not itemize hours. The International Mediation Program's converted days use its designed 76 trainer-led hours now that training has concluded; a certificate of completion is pending and will be appended once issued. Format (online/in-person) for the Loving Kindness Meditation program to be confirmed.

1.4 Summary of Converted Training Days

Category	Converted Days
Korea foundational training (NVC1 + NVC2 + NVC3)	12.0
International residential training (Workshop + IIT Ontario + Ottawa)	16.8
Ongo Book: Everyday Nonviolence, Series 1 + 2 (trainer-led group practice)	6.0
International Mediation Program (trainer-led sessions; concluded 2026.8.24)	12.7
Subtotal — completed training	47.5
IIT — Bali (upcoming)	+9.0
Total — completed + upcoming	56.5

Table 4. CNVC minimum registration threshold: 20 days. Final certification threshold: 50 days. Ongo's converted days reflect only the trainer-led group-practice hours across both series ($2 \times 12 \text{ weeks} \times 1.5 \text{ h} = 36 \text{ h}$); empathy-buddy practice hours are not counted toward this total. The International Mediation Program's converted days ($76 \text{ h} \div 6 \text{ h/day} = 12.7$) reflect only its trainer-led sessions, consistent with the same methodology; its 75 hours of peer-led integration practice are not counted. The Loving Kindness Meditation program (hours not yet finalized) remains excluded pending a certificate of completion.

For internal planning only, the table below projects converted days for the one remaining in-progress program assuming it were credited only through today's date (2026.8.21). This projection is separate from the confirmed total above, is not intended for CNVC submission, and will be superseded once an actual certificate of completion is issued.

Program	Elapsed as of 2026.8.21	Projected Converted Days
Loving Kindness Meditation	103 days elapsed × 40 min/day	11.4
Projected grand total (47.5 completed + 11.4 to-date + 9.0 upcoming)		67.9

Table 4A (informational; not for CNVC submission). Projection assumes Loving Kindness Meditation is credited only through today's date at its stated pace (40 minutes/day since 2026.5.11). Final totals depend on confirmed attendance and a certificate of completion.

Conversion basis: CNVC Certification Preparation Packet — "A list of Nonviolent Communication trainings you have attended including dates, locations, titles of trainings, number of days (6–8 hours = one day) and names of the Certified Trainers who taught the courses." Source: cnvc.org/certification/cpp/procedures

2. Record of NVC-Sharing Activities

In addition to received training, CNVC certification requires at least one year of experience teaching NVC as a non-certified trainer, including leading workshops and practice groups. The activities below document sustained NVC-sharing across four formats: a recurring online practice group, an in-person and online lecture series, individual mentoring, and a public video channel.

2.1 NVC Learning & Practice Group

Beginning January 24, 2025, a weekly online (Zoom) group was formed with a small number of NVC learners based in Korea. The group began in a lecture format working through a core NVC text, and evolved into a practice group format as participants' proficiency grew. The group has continued without interruption for approximately 82 weeks (as of this writing), with an average of four participants (maximum 6–7). Two to three core members have remained with the group since its founding, while other participants have joined and left over time. All sessions have been recorded via Zoom; due to file volume, the complete archive has not been uploaded, but individual session recordings are available on request.

Item	Detail
Format	Weekly, online (Zoom)
Format evolution	Lecture format → practice group
Period	2025.1.24 – present (approx. 82 weeks)
Participation	Average 4; maximum 6–7
Continuity	2–3 core members retained throughout; other participation fluid

Table 5. NVC Learning & Practice Group.

2.2 Lecture Series — Toronto Damjangneomeo Serving Church

Over four consecutive months, a six-session NVC lecture series was delivered to a congregation in Toronto — three sessions in person, averaging approximately 40 attendees, followed by three online sessions averaging approximately 20 attendees. Consistent attendance across the series, and its continuation into an online format, suggests the series was received as an ongoing curriculum rather than a one-time event.

Session	Date	Format	Duration	Attendance
Lecture 1	2026.3.23	In-person	56 min	≈ 40
Lecture 2	2026.4.26	In-person	43 min	≈ 40
Lecture 3	2026.5.24	In-person	58 min	≈ 40
Online 1	2026.4.8	Online	3 hrs	≈ 20
Online 2	2026.5.13	Online	3 hrs	≈ 20
Online 3	2026.6.10	Online	3 hrs	≈ 20

Table 6. In-person and online lecture series, recorded and available for review.

2.3 Individual NVC Mentoring

Beyond group settings, ongoing one-on-one NVC training is being provided remotely, via Zoom, to two individuals based in Korea. Each relationship follows a fixed weekly schedule.

Mentee	Start Date	Frequency	Session Length	Format
Kim Mihee	2026.7.19	Weekly (Sundays)	2 hrs	Online (Zoom, Korea)
Jeon Minyoung	2026.8.11	Weekly (Tuesdays)	2 hrs	Online (Zoom, Korea)

Table 7. Individual NVC mentoring relationships, ongoing as of this writing.

2.4 YouTube Channel

A public YouTube channel was launched on September 4, 2025, to extend NVC-sharing beyond live sessions and in-person lectures. Two distinct series are maintained: a 20-part foundational series delivered as direct-to-camera instruction, and a 10-part (ongoing) animated series explaining core NVC concepts through visual storytelling. The channel is fully public.

Series	Episodes	Format	Status
NVC Fundamentals (NVC 기초)	20	Direct-to-camera instruction	Completed
Code of Dialogue (대화의 코드)	10	Animated explainer	In progress

Table 8. YouTube channel launched 2025.9.4; public access, no restrictions.

2.5 Summary of Outreach Activity

Measure	Total
Sessions personally led (practice group + church lectures + individual mentoring)	≈ 95
Cumulative attendance, all sessions (incl. repeat participation)	≈ 515
Published video content	30 episodes

Table 9. Cumulative attendance calculated as: practice group (avg. 4 × 82 sessions = 328) + in-person lectures (40 × 3 = 120) + online lectures (20 × 3 = 60) + individual mentoring (Kim Mihee × 5 + Jeon Minyoung × 2 = 7). YouTube view counts are intentionally excluded from this summary.

Taken together, these activities reflect an expanding arc of NVC-sharing — from sustained, close engagement with a small practice group, to a defined lecture series for a local faith community, to public digital content reaching an unrestricted audience. This progression corresponds to the "Sharing" dimension that CNVC identifies alongside Knowing and Living NVC as central to trainer readiness.

Status Summary

Completed training — now including both Ongo series and the concluded International Mediation Program — already totals 47.5 days, well past CNVC's minimum registration threshold of 20 days and closing in on the 50-day final certification threshold. With the upcoming Bali IIT and the completion of Loving Kindness Meditation, the final threshold is expected to be met or exceeded. Sharing activity — spanning over 82 consecutive weeks of practice-group facilitation, a public lecture series, and ongoing individual mentoring — independently satisfies CNVC's one-year minimum teaching requirement.

This document will be updated as certificates of completion are issued for the International Mediation Program (training concluded 2026.8.24; certificate pending) and the Loving Kindness Meditation program, and following participation in the September 2026 Bali IIT. Ongo Book: Everyday Nonviolence (Series 1 and 2) is fully confirmed by Certificate of Participation and requires no further update.