

# NVC: Nonviolent Communication™

## What is NVC?

We are most of us brought up to view the world in terms of rightness and wrongness, good and bad. This is reflected in the language we use and often leads to misunderstanding, unsatisfying relationships or conflict.

NVC is a process of communication developed by international peacebuilder Marshall Rosenberg to enable people to communicate with respect, compassion and honesty. It leads to being heard and understood, communicating clearly without blame or judgment, and choosing actions that are in harmony with each others' needs and values.

NVC is a learnable process for personal and social change, that will improve relationships at home, in the community and at work. It is used world wide by people from all walks of life - from primary schools to boardrooms; in marriages, in work teams and in political conflicts. Importantly, NVC is effective whether the other person also knows the process or not.

### NVC facilitates:

- *openness and clarity*
  - *deep listening leading to accurate understanding*
    - *defusing anger*
    - *handling conflict with confidence*
    - *being honest without insulting*
    - *hearing complaints constructively*
  - *giving and receiving feedback that supports learning and self esteem*
  - *expressing 'no' without guilt and hearing 'no' without taking it as a rejection*
    - *apologising while maintaining self respect*
    - *responding with compassion in difficult situations*
    - *transforming inner critics into inner allies*
  - *expressing and receiving appreciation so that it nourishes*
    - *acting out of choice, rather than fear, guilt or shame*
- \* *effective team work*

A 2-day Foundation training course enables the participant to begin using the tools and skills in daily life. Further development courses will deepen understanding and fluency.

\*

**For more information contact Liz Kingsnorth**

**[lizkingsnorth@gmail.com](mailto:lizkingsnorth@gmail.com)**

Liz is an accredited trainer with the International Centre for Nonviolent Communication **[www.cnvc.org](http://www.cnvc.org)**

Marshall Rosenberg's book "Nonviolent Communication - a Language of Life", is available from enlightened bookshops... and *Amazon*