



# NONVIOLENT COMMUNICATION (NVC)

## OVERVIEW

Nonviolent Communication (NVC) is a form of compassionate communication that can help de-escalate and transform interpersonal, inter-group, workplace, and organizational conflicts. It is used worldwide by individuals, activists, educators, conflict specialists, diplomats, social workers, managers and others. Practicing NVC can enable us to understand ourselves, our feelings, and our needs more deeply—and open our hearts to better connect and collaborate with others. It creates a path for healing and reconciliation in many settings, including but not limited to intimate relationships, work settings, and academic settings. Participants explore empathy as a tool for transforming conflicts.

*Nonviolent Communication is the integration of the following four factors:*

**Consciousness:** A set of principles that support living a life of compassion, collaboration, courage, and authenticity.

**Language:** Understanding how words contribute to connection or distance.

**Communication:** Knowing how to ask for what you want, how to hear others even in disagreement, and how to move forward towards solutions that work for all.

**Means of Influence:** Sharing “power with others” rather than using “power over others”.

## Who Should Take this Training?

Anyone interested in strengthening their relationships and learning how to better communicate and connect with others. *\*This training is available online and in-person.* Please scan the QR code below or visit our website to learn more and register for a session.

## Custom Training Sessions for Groups & Organizations

We always strive to meet the unique needs of groups and organizations. Our team has extensive experience conceptualizing, designing, and facilitating custom NVC trainings for groups and organizations in the U.S and around the world, including but not limited to organizations and groups in the categories listed below.



Schools & Universities



Workplaces



Advocacy Groups



Faith-based organizations



SCAN ME



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