



About CNVC, Marshall, & NVC

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The **Center for Nonviolent Communication** is a global organization whose vision is a world where everyone's needs are met peacefully. Our mission is to contribute to this vision by facilitating the creation of life-enriching systems within ourselves, inter-personally, and within organizations. We do this by living and teaching the process of Nonviolent CommunicationSM (NVC), which strengthens people's ability to compassionately connect with themselves and one another, share resources, and resolve conflicts peacefully.

CNVC is dedicated to fostering a compassionate response to people by honoring our universally shared needs for autonomy, celebration, integrity, interdependence, physical nurturance, play, and spiritual communion. We are committed to functioning, at every level of our organization and in all of our interactions, in harmony with the process we teach, operating by consensus, using NVC to resolve conflicts, and providing NVC training for our staff. We often work collaboratively with other organizations for a peaceful, just and ecologically balanced world.

Purpose, Mission, History, and Projects

What NVC Is—It is a powerful process for inspiring compassionate connection and action. It provides a framework and set of skills to address human problems, from the most intimate relationships to global political conflicts. NVC can help prevent conflicts as well as peacefully resolve them. NVC helps us to focus on the feelings and needs we all have, instead of thinking and speaking in terms of dehumanizing labels or other habitual patterns--which are easily heard as demanding and antagonistic, and which contribute to violence towards ourselves, others, and the world around us. NVC empowers people to engage in a creative dialogue in order to construct their own fully satisfactory solutions.

Where NVC Came From—The NVC process was developed and refined over a period of thirty-five years by Marshall B. Rosenberg. Rosenberg learned about violence at an early age and developed a strong desire to understand what contributed to people being violent to one another, and to explore what kind of language, thought, and communication could provide peaceful alternatives to the violence he encountered. His interest led to graduate school, where he earned a Ph.D. in clinical psychology. He first used NVC to support communities working to peacefully integrate schools and other public institutions during the 1960's. His work on these projects brought Dr. Rosenberg into contact with people in various U.S. cities who wanted to bring his training to a

broad base of people in their communities. To meet this need and to more effectively spread the process of NVC, in 1984 he founded the Center for Nonviolent Communication (CNVC) and has since created many materials, including two trade edition books: *Nonviolent Communication: A Language of Life*, 2nd Edition, and *Life-Enriching Education*.

For many years the Center for Nonviolent Communication has been contributing to a vast social transformation in thinking, speaking and acting--showing people how to connect in ways that inspire compassionate results. Training in NVC is now offered throughout the world by Dr. Rosenberg and a team of more than 100 certified trainers, and is supported by hundreds of committed volunteers who help organize workshops, participate in practice groups, and coordinate team building. The training is helping prevent and resolve conflicts in schools, businesses, health care centers, prisons, community groups and families. Marshall Rosenberg and his associates have introduced NVC in war torn areas such as Sierra Leone, Sri Lanka, Rwanda, Burundi, Bosnia and Serbia, Colombia and the Middle East.

We are now seeking funds to support projects in including North America, Latin America, South America, Europe, Africa, South Asia, Brazil., and the Middle East,. Foundation grants have helped launch CNVC innovative learning projects to create resources for educators, and projects that focus on parenting, social change, and prison work in various geographical regions of the world. We are working in synergy with other organizations whose missions are aligned with ours. Please visit the CNVC website for information about these projects, regional websites, and for other resources available for learning NVC. Your contribution in support of these efforts will be greatly appreciated.

A list of CNVC certified trainers and contact information for them may be found on the Center's website. This list is updated monthly. The website also includes information about CNVC sponsored trainings and links to affiliated regional websites. CNVC invites you to consider bringing NVC training to your business, school, church, or community group. For current information about trainings scheduled in your area, or if you would like to organize NVC trainings, be on the CNVC mailing list or support our efforts to create a more peaceful world, please contact CNVC.

For all media inquiries, speaking engagements, publicity and public relations materials please contact: PuddleDancer Press, Phone: 858-759-6963, Fax: 858-759-6967, Email@PuddleDancer.com

For more information visit www.NonviolentCommunication.com and www.CNVC.org