

Nonviolent Communication Quick Facts

- The Center for Nonviolent Communication in La Crescenta, California, was founded in 1984 by Dr. Marshall Rosenberg as a non-profit peacemaking organization
- The Nonviolent Communication™ (NVC) process is taught in classrooms, corporations, prisons and other organizations around the world
- NVC is a process used to identify the needs behind actions and thoughts. Its goals are to reduce aggression, heal wounds and fortify relationships
- The four basic steps of the NVC process are: (1) observe the current situation, (2) identify the feelings that the situation brings up, (3) dig deeper to identify what need is not being met, and (4) request what is needed
- NVC workshop participants develop a new vocabulary to identify their feelings and communicate them to others
- Currently, more than 180 certified trainers and hundreds of others teach the NVC process to approximately 250,000 people in 35 countries on six continents each year
- For more information about the Nonviolent Communication process, please visit the PuddleDancer Press website at www.NonviolentCommunication.com