

# Talking Points for NVC and Marshall Rosenberg

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## NVC / MARSHALL ROSENBERG TALKING POINTS

- The Nonviolent Communication<sup>SM</sup> process was developed and refined over a period of 35 years by Dr. Marshall B. Rosenberg
- Rosenberg 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*, 2<sup>nd</sup> Edition, and *Life-Enriching Education*.
- NVC 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 and peacefully resolve conflicts as it helps us 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.
- CNVC 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.
- A list of CNVC certified trainers and contact information may be found on the CNVC website at [www.cnvc.org](http://www.cnvc.org).