

Additional Nonviolent Communication (NVC) Resources

Here are some ideas and suggestions (regarding the world of NVC) to support us on the journey of transforming ourselves, our relationships, and the world we live in.

1. **Deepen your understanding of Nonviolent Communication, NVC.** The basic NVC books, *Nonviolent Communication: A Language of Life* and *Speak Peace in a World of Conflict* are foundational and remain current. Here are a few selected **NVC links for on-line learning:**
www.cnvc.org ~International Center for Nonviolent Communication, located in Albuquerque, NM, offering every kind of support, training, and information.
www.compassioncourse.org The next year-long, weekly on-line NVC course begins in June 2019, pay as you wish. Currently over 6,000 people are registered world-wide. Registration is now open.
www.NVCTraining.com ~ Also called *NVC Academy*, on-line NVC learning, courses and practice groups. I've benefited tremendously from participating here, first month is complementary. You will meet many wonderful NVC Trainers, relevant and cutting-edge topics.
www.NonviolentCommunication.com ~*NVC Resources*, many useful books, both classic and new, also CDs and DVDs are available.
<https://www.facebook.com/albertanvc?ref=hl> ~Our local Alberta NVC Facebook page, visit and 'like.'
www.bcnc.ca ~*BC Network for Compassionate Communication*. There are many NVC trainers, workshops, practice groups in BC. Marshall B. Rosenberg (1934-2015) personally brought NVC to Vancouver and Victoria on many occasions.
www.YouTube.com/watch?v=EfaKlhtR3ro ~On-line *Nonviolent Communication Training* with Marshall B. Rosenberg, PhD, founder of Center for Nonviolent Communication.
2. **Seek out NVC training, workshops, practice groups, conferences.** Check out the next *Annual AB NVC Conference* in Calgary. Other NVC Facilitators in the Calgary area: Al Tinholt: altinholt@gmail.com and Anne Walton: annewalton43@gmail.com. My website: www.ConsciousCommunication.info.
3. **Consider becoming a Certified NVC Trainer!** Visit <http://www.cnvc.org/training/certification.html>.
4. **Practice-Practice-Practice!** Practice conscious, nonviolent, authentic, warm communication in your daily life. Remember that you don't need people familiar with NVC to practice being authentic and connected with them. Just do it! Be the one to listen and to speak from the heart! No need to use the words 'feeling' or 'need' as this can easily put people off. Please don't "do NVC" on anyone! An "**empathy buddy**" is advisable: find a friend willing to enjoy learning to "speak peace," willing to listen, to deepen the connection with self and other, to get real by integrating this language of life.
5. **Coaching for Transformation: A Journey of Warm Accompaniment** with Barbara Wiebe, BEd, CPC (Certified Professional Coach) www.ConsciousCommunication.info barbarawiebe@gmail.com
6. **Feed your soul!** Consciously choose wholesome values, work you enjoy, good friends, nourishing conversation, uplifting community, inspiring books, music and activities, time in nature, spiritual practices... Don't waste your precious life on reactivity and negativity. In our journey of healing trauma, self-inquiry and self-compassion, we need fellow travelers, shared vision, and supportive engagement. A conscious learning community is worth co-creating and worth cultivating – for our own healing and harmony, freedom and fulfillment, and for the well-being of all.

"When we focus on clarifying what is being observed, felt and needed - rather than diagnosing and judging - we discover the depth of our own compassion."
Dr. Marshall B. Rosenberg, *Nonviolent Communication - A Language of Life*