



ROOKHOW
Quaker Meeting House and Bunkbarn

A Foundation Training in Nonviolent Communication

with Shona Cameron

Nonviolent Communication (NVC) is a practical, learnable process for communicating with empathy, honesty, power and compassion. The purpose of NVC is to ensure everyone's needs are valued equally and fulfilled in ways that contribute to connection, harmony and peace. Nonviolent Communication develops people's ability to listen to and transform blame, anger and criticism into respectful, constructive communication, and to resolve conflicts peacefully. NVC is a means for giving feedback empathically, so as to sustain self esteem, and enable people to learn and grow. NVC has a profound effect on our relationships and on the contexts of our lives.

This training which

- presents the concepts and tools used in NVC
 - introduces you to the steps of the NVC process for use in expressing yourself to others, listening to others and listening compassionately to yourself
- will give you sufficient information and practice to start using NVC in your daily life

It is

- run in an experiential style working with examples from participants' lives
- challenging, moving, supportive and fun

OVERVIEW

We will cover

- The types of communication we would prefer- and what gets in the way of compassion.
- The model used in NVC
- Expressing oneself using the NVC model and practice to try it out
- Empathy- what it is and how we can bring ourselves and others back to love
- Listening to others without hearing blame, criticism or judgements
- Practise!
- Bringing the Model together – expressing oneself and being ready to listen- the Dance of Communication

We will emphasise how peaceful relationships begin with ourselves- self empathy being the bedrock from which we reach for connection.

Being at Rookhow enables us to slow down and connect within and bring our compassionate presence to our own selves.

There are some useful resources

[Nonviolent Communication A Language of Life](#)

[What is Nonviolent Communication ?](#)

[A clip of Marshall Rosenberg talking about Needs](#)



[More about Shona Cameron's work and writing](#)