

## Practical Applications of NVC

- Counselors
- Personal development consultants
- Health care professionals
- Clergy and congregants
- Parents
- Couples
- Individuals
- Educators
- Business owners and managers
- Organization development specialists
- Coaches (life coaches, sports coaches)

# Speak Honestly; Hear Compassionately



Elaine Hultengren, MA (Teaching) and Tim Buckley, BA (Communications) have been teaching introductory NVC classes since 2005. After receiving hundreds of hours of on-going NVC education from certified trainers, the couple has also co-facilitated multiple practice groups since 2006.

Elaine and Tim also teach NVC to inmates and those recently released from incarceration, as part of the Oregon Prison Project. The couple, married for more than 30 years, lives in Salem, Oregon and are part of the Oregon Network for Compassionate Communication ([www.orncc.net](http://www.orncc.net))



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## Critical, angry voices are everywhere – in our family and neighborhood, at work and even inside our head.

Try as we might to ignore or rise above it, a more lasting strategy is to learn what's going on with the voices. Once translated, you'll understand that every critical judgment is laden with important information. Each angry outburst is "a tragic expression of an unmet need," according to Marshall B. Rosenberg, Ph.D., who wrote *Nonviolent Communication: A Language of Life*.



Nonviolent Communication (NVC) allows you to be more "compassionate," or empathetic, with yourself and others. NVC quickly helps us understand how our words impact

others and why their words are hurtful to us. Before long, you'll be able to express your feelings and needs honestly, without judgment, with less resentment.

In 12, highly interactive two-hour seminars, you'll learn to:

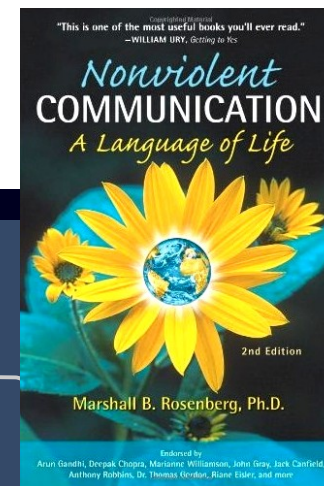
- Develop and use a new vocabulary of feelings
- Practice identifying basic needs that connect us all
- Honestly express feelings and needs without blame
- Listen deeply with empathy
- Express empathy for your own strivings
- Offer healing empathy for others
- Make requests, not demands.

For this course, we use a basic text: *Nonviolent Communication: A Language of Life* as well as a variety of interactive exercises developed by NVC trainers.

Beyond that introductory course, we also offer one-on-one or couples training, as well as support and facilitation of NVC practice groups, two hour sessions with up to 10 people, all working to master NVC skills.

**And, we frequently present basic NVC concepts to groups, conferences and businesses – a two hour overview that often leads to more intensive training.**

We all have a choice: whether to participate in conflict or to contribute to healing it. With NVC, negative judgments and thoughts are turned into life-affirming words that create peace and personal connection. Beginning with you.



[www.cnvc.org](http://www.cnvc.org)