



# Nonviolent Communication<sup>sm</sup> Resources for Learning

Enhancing your skills and consciousness in NVC ...

We share below some <b>possible strategies</b> to continue your development of NVC skills:	Examples of Resources
<ul style="list-style-type: none"> <li>■ <b>Read a book</b>, listen to a CD, or watch a video that focuses on NVC.</li> </ul>	<p><a href="http://www.basileia.org/resources">www.basileia.org/resources</a>  <a href="http://www.cnvc.org/matls.htm">www.cnvc.org/matls.htm</a></p>
<ul style="list-style-type: none"> <li>■ Participate in an <b>NVC practice group</b> (contact a local NVC supporter).</li> </ul>	<p><a href="http://www.basileia.org/practicegroups">www.basileia.org/practicegroups</a>  <a href="http://www.cnvc.org/fpnamerica.htm">www.cnvc.org/fpnamerica.htm</a></p>
<ul style="list-style-type: none"> <li>■ <b>Start an NVC practice group.</b></li> </ul>	<p>Lucy Leu's <i>Companion Workbook to Nonviolent Communication</i></p>
<ul style="list-style-type: none"> <li>■ Participate in an <b>email discussion group</b> related to NVC.</li> </ul>	<p><a href="http://www.cnvc.org/egroups.htm">www.cnvc.org/egroups.htm</a></p>
<ul style="list-style-type: none"> <li>■ Participate in <b>online NVC learning</b> (e.g. listen or watch segments of certified trainer sessions, telecourses, etc.).</li> </ul>	<p><a href="http://www.nvctraining.com">www.nvctraining.com</a></p>
<ul style="list-style-type: none"> <li>■ Participate in a <b>training with Marshall Rosenberg.</b></li> </ul>	<p><a href="http://www.cnvc.org/mrsched.htm">www.cnvc.org/mrsched.htm</a></p>
<ul style="list-style-type: none"> <li>■ Participate in a <b>local or regional NVC learning event</b> (contact a local NVC trainer or supporter).</li> </ul>	<p><a href="http://www.basileia.org/ccevents">www.basileia.org/ccevents</a>  <a href="http://www.cnvc.org/fpnamerica.htm">www.cnvc.org/fpnamerica.htm</a></p>
<ul style="list-style-type: none"> <li>■ Find an <b>empathy buddy</b> and meet at least weekly (in person or by phone).</li> </ul>	<p>Others who are interested in learning NVC</p>
<ul style="list-style-type: none"> <li>■ Meet with an <b>experienced NVC mentor</b> who can nurture your growth.</li> </ul>	<p><a href="http://www.basileia.org/mentoring">http://www.basileia.org/mentoring</a>  <a href="http://en.nvcwiki.com/index.php/NVC_Mentorship_and_Coaching_Directory">http://en.nvcwiki.com/index.php/NVC_Mentorship_and_Coaching_Directory</a></p>
<ul style="list-style-type: none"> <li>■ Participate in a <b>multi-day NVC immersion training event.</b></li> </ul>	<p><a href="http://www.nvctraininginstitute.com">www.nvctraininginstitute.com</a>  <a href="http://www.cnvc.org/iit-schedule.htm">www.cnvc.org/iit-schedule.htm</a></p>
<ul style="list-style-type: none"> <li>■ Participate in a <b>year-long program of NVC development.</b></li> </ul>	<p>Robert Gonzales' LIFE Program:  <a href="http://living-compassion.org/contact.html">http://living-compassion.org/contact.html</a>            BayNVC Leadership Program:  <a href="http://www.baynvc.org/leadership_program.php">http://www.baynvc.org/leadership_program.php</a></p>