

Nonviolent CommunicationSM – Central Concepts

1. **NVC** is a **learnable process** designed to increase well-being
2. **Two key principles:** **Intention** is to create a quality of **Connection** where all needs are valued and people enjoy giving to each other. **Attention** is placed in the present moment or **Now**
3. **Three Modes** are: Self Empathy, Empathically Listening to Others and Honestly Expressing Ourselves
4. **Fours Steps** of the Process: Observation, Feeling, Needs and Request

