

BC Network for

For Immediate Release

Compassionate Communication

Media Release

Resolve differences compassionately
Introducing a much more powerful way to communicate

VANCOUVER / VICTORIA - Domestic abuse, road rage, terrorism, and gang brutality are just a few extreme examples of destructive ways anger is communicated. Screaming at kids, social bullying at work, and in the playground are also destructive forms of communication.

When we are angry, there seems to be no way to resolve our differences. Can we express and “deal with” anger without harming others or ourselves? Can we be both honest and compassionate?

Marshall Rosenberg, Ph.D., internationally acclaimed peacemaker and educator, answers with a resounding “Yes!”

Dr. Rosenberg is the founder of the International Center for Nonviolent Communication, and the author of *Nonviolent Communication: A Language of Compassion*. His simple yet effective model, Nonviolent Communication (NVC), transforms even the most difficult interactions into positive and productive experiences.

The BC Network for Compassionate Communication will welcome Dr. Marshall Rosenberg to **Victoria and Vancouver** for a week in September to share his life-enriching approach to conflict resolution and effective communication.

Dr. Rosenberg and his associates have trained tens of thousands of people in more than 30 countries, and have provided conflict resolution in war-torn areas such as Rwanda, Burundi, the Middle East, Serbia and Croatia.

“Nonviolent Communication can literally change the world, but more importantly it can change the quality of your life with your spouse, your children, your neighbours, and your co-workers,” says Jack Canfield, Chicken Soup for the Soul. “I cannot recommend it highly enough.”

More...

Anger cont'd...

“I use Nonviolent Communication as Gandhi used it — referring to our natural state when all violence has subsided from our heart,” says Dr. Rosenberg. “While we may not believe we are “violent” our words and thoughts often lead to pain for others and ourselves.”

Five years ago, Dr. Rosenberg so inspired a group of Victorians that they established the BC Network for Compassionate Communication as a non-profit society to bring NVC to British Columbia. From small beginnings, they have grown into a core planning team of 12, with over 200 members province-wide. BCNCC coordinates and sponsors regular trainings throughout BC.

“Nonviolent Communication is a powerful language-based process that works equally well in personal relationships, the workplace, schools, and even between political or geographical groups in conflict,” explains Marion Little, President, BCNCC. “Dr. Rosenberg’s workshops offer an interactive opportunity to develop communication skills based on both honesty and empathy.”

Sponsored by BCNCC, Dr. Rosenberg will present several workshops to interested members of the public from September 21 - 27. Topics include: Preventing Workplace Violence, Difficult Conversations, Transforming Anger, Conflict Resolution/Mediation, Intimacy, Parenting & Education, Caregiver Burn-out, Stress, and Bully Prevention. **Visit www.bcnc.org for details.**

Dr. Rosenberg is Founder and Director of Educational Services for the Center for Nonviolent Communication. The Center for Nonviolent Communication is a global organization whose vision is a world where everyone’s needs are met peacefully. For more information visit www.cnvc.org.

The BC Network for Compassionate Communication is a British Columbia non-profit society that supports the mission of CNVC. BCNCC coordinates training and workshops for groups, individuals and families, prison inmates and employees, business and government organizations across Canada. For more information visit www.BCNCC.org.

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For more information visit www.BCNCC.org and www.CNVC.org