

BC Network for

For Immediate Release

Compassionate Communication

Media Release

Effective communication the key for stressed out Canadians
International author, educator, and peacemaker comes to BC

VANCOUVER / VICTORIA - Canadians are becoming alarmingly more and more stressed. Stress can be difficult to understand. The emotional chaos it causes can make our daily lives miserable. It can also decrease our physical health, sometimes drastically.

When Marshall Rosenberg, Ph.D., internationally acclaimed author, educator, and peacemaker speaks to Canadians on the subject, he doesn't mince words.

Dr. Rosenberg's 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 is the founder of the International Center for Nonviolent Communication, and the author of *Nonviolent Communication: A Language of Compassion*. He 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."

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Stress 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 planning team of 12, with over 200 members province-wide. BCNCC coordinates and sponsors regular trainings throughout BC.

“Nonviolent communication is a powerful process that works equally well in personal relationships, the workplace, in 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, Stress, Difficult Conversations, Transforming Anger, Conflict Resolution/Mediation, Intimacy, Parenting & Education, Caregiver Burn-out, and Bully Prevention. **Visit www.bcnc.org for details.**

Dr. Rosenberg is Founder and Director of Educational Services for the Center for Nonviolent Communication (CNVC). CNVC 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 trainings 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