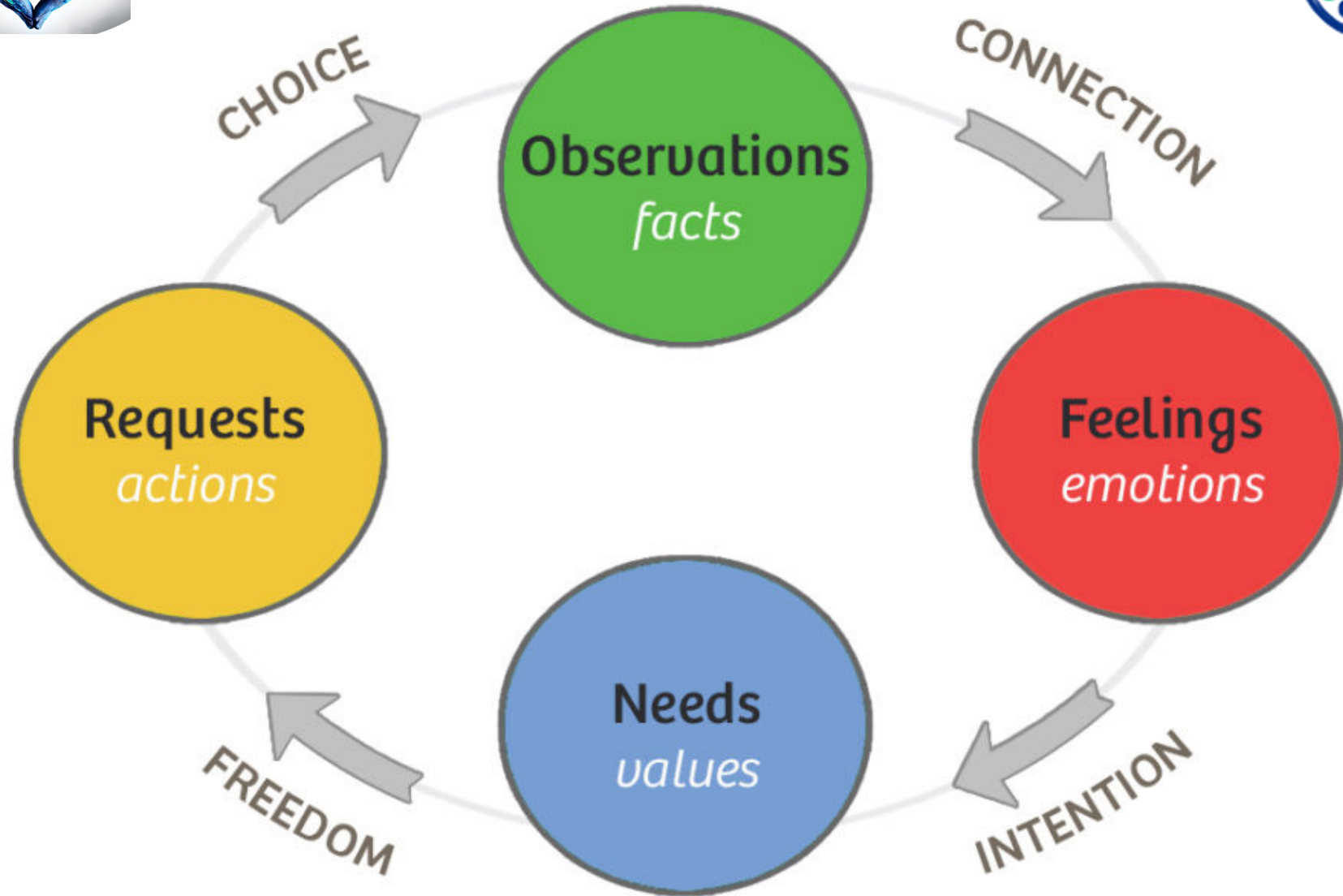




Action and flow of NVC



People hire me to master the art of communication, because most live an unexpressed life, stuck in shame, blame, and judgment. So, I help them express their truth with connection, compassion, and honesty. Speakers become calm, centered, & connected.

Bottom line; this style of communication is LifeServing.

LifeServing Communication, also known as Nonviolent Communication (NVC), is a language of intention to connect with the humanness and aliveness in ourselves and others. This quality of connection awakens compassion and the desire to contribute to one another's well being. NVC offers concrete tools to help us reside in Rumi's field: "Out beyond ideas of wrongdoing and right-doing, there is a field. I'll meet you there."

The intention of NVC is to create a sense of connection so all needs are considered.

There are Two Parts to this communication process

Emphatically Listening to others: hearing how they are underneath, regardless of what words and actions they use to express their truth.	Honestly Expressing how I am without blame, criticism, or judgment, so others are most likely to hear me.
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Four Components

1. Observation without evaluation

The concrete actions I am observing (seeing, hearing, remembering, or imagining)

2. Feelings not thoughts, assumptions, or interpretations.

Making myself vulnerable by sharing how I am feeling in relation to these observations.

3. Needs not strategies

The life energy in the form of needs, hopes, values, and desires that are creating my feelings.

4 Requests without demand

Clearly requesting the concrete actions I would like to happen in order to enrich my life.

Are you satisfied with you communication skills? Do you know what you want to change? For a free consultation,

[Set an appointment with Pan Vera](#)