

“Thinking Peace, Speaking Peace”

“Thinking Peace, Speaking Peace ” is a This program of Vermont Peace Academy , is based on the process of Nonviolent Communication. NVC offers us a personal practice, a language of compassion, a relationship skill, and a tool for positive social change.

It provides an easy to grasp, effective method to get to the root of conflict, violence and pain peacefully.

Nonviolent Communication has been developed by Dr Marshall Rosenberg over the last 40 years, emerging initially out of his experience as a participant in the Civil Rights and Peace M m ovements. The program is now being taught worldwide in corporations, classrooms , prisons and mediation centers, in health care, in war torn regions, and in intimate personal relationships. It is a e ffecting cultural shifts as institutions, corporations and governments integrate NVC consciousness into their organizational structures and their approach to leadership. Through living and teaching NVC, a A n international network of NVC practitioners, including over 180 certified trainers , now live and teach share this process in 35 countries.

The website for the Center for Nonviolent Communication is www.cnvc.org

As a practice, Nonviolent Communication helps us to:

- Build relationships based on compassion and understanding
- Hear the needs behind anyone's behavior, in hostile and challenging situations
- Be clear about language that alienates, and language that connects to meet the most needs of all
- Break patterns of thinking that lead to anger and depression
- Dissolve the 'power over' systems into 'power with' systems
- Take responsibility for our choices

In Vermont , through VPA , we have practitioners who are taking this program into the education system, into the corrections system, and wherever there is the call from individuals, groups, and organizations to learn, practice and integrate this life enriching approach into their life and work.

We believe that this relationship based approach is highly advantageous when it can be integrated into all levels of a system. For example, when management and staff of a prison as well as inmates can all learn the NVC approach , or when teachers, administrators , and parents , and students within a school can engage embrace this process in their as a learning community, we see the emergence of greater a new paradigm emerge where the needs of all are valued, and personal responsibility, empowerment and compassion are more readily present . among all the members of of that system.

As each aspect of a system develops its collective ability to generate outcomes that meet the needs of all in ways that support The practice of NVC increases safety, respect, accountability, responsibility and compassion, then we are and places us on the path to well on our way to developing a thriving, diverse and peaceful culture.

For further details of Vermont Peace Academy 's program, contact Wendy Webber wendywebber1947@yahoo.com

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