



**Be Peace. Choose Peace. Create Peace.**

## PEACEFUL SPEAKERS INFORMATION SHEET

<b>Event Title</b>	<b>Co-Creating Connection: Using Nonviolent Communication for Heartful Connection</b>
<b>Date, Time, Location</b>	May 11, 2022, 7:00 pm - 8:30 pm EDT
<b>Presenter</b>	River Dunavin, Certified Nonviolent Communication Trainer
<b>Event Webpage</b>	<a href="#">Here</a>

### Event Description

*Co-Creating Connection: Using Nonviolent Communication for Heartful Connection* has two aims; 1) to present principles of Nonviolent Communication (NVC) in a condensed format and 2) to offer a simple skill to answer the question, “What can I do, right now, to make genuine, heartfelt connection?” This skill offers a reframe that enables compassion to arise naturally, even in challenging situations. Breakout room experience and group dialogues are planned to support skills integration. The training is designed to be useful whether you identify as a new or seasoned NVC practitioner.

### Presenter Biography

River Dunavin is a certified trainer with the [Center for Nonviolent Communication](#) (CNVC) since 2016. He is president for the [Network for Nonviolent Communication](#), a mediator, circle-keeper, and trainer with [CORA Good Shepherd Mediation](#). River has provided NVC trainings in New Mexico, Texas, Hawaii, Pennsylvania, New Jersey, Maryland, and Delaware. Until the COVID-19 shutdown, River led NVC training for men and women incarcerated in federal, state, and county correctional facilities for [Heart to Heart](#). River coaches individuals, couples and families in integrating NVC principles.

River’s trainings aim to provide experiences that inspire confidence that one can live a life filled with heartfulness and gratitude, and that we all can thrive and do no harm.

### Learning Resources

- “What is [Nonviolent Communication](#)?”–The Center for Nonviolent Communication (NVC)
- “Nonviolent Communication” Wikipedia [page](#)
- The Center for Nonviolent Communication [webpage](#)
- Watch NVC courses and participate in live workshops [here](#)
- This [website](#) is full of NVC books and educational resources to learn more
- “Nonviolent Communication: A Language of Life” – Purchase the book [here](#)
- “Nonviolent Communication” reviews on [goodreads](#)
- “Nonviolent Communication by Marshal Rosenberg: Animated Book Summary” YouTube [video](#) (5:22)
- “Nonviolent Communication with Marshall Rosenberg- A Brief Introduction” YouTube [video](#) (10:41)
- “Basics of Nonviolent Communication by Marshall Rosenberg” YouTube [video](#) (12:28)

- “The Four Components of Nonviolent Communication explained by Marshall Rosenberg” YouTube [video](#) (19:24)
- “Some Examples of Empathic Listening” YouTube [video](#) (8:44)
- “Self-Empathy by Marshall Rosenberg” YouTube [video](#) (12:39)
- “NVC Marshall Rosenberg- San Francisco Workshop” YouTube [video](#) (3:05:57)

### Resources and Services in Calvert County, Maryland

- [Capital NVC](#) is a nonprofit organization specializing in Nonviolent Communication that facilitates monthly workshops and practice groups throughout DC, MD, and VA.