

# What is NVC?



### Marshall's Art

## Essence

# USE OF POWER Consciousness Interdependence Natural giving Power with COMMUNICATION BEYOND WORDS LANGUAGE THINKING

Notes from "Special Session" a 14 days training with Marshall in 2005 in Switzerland. Kathleen Macferran and I were present when Marshall drilled us to explain what NVC is, and he ended the session with this kind of overview. Later Kathleen and Jared Finkelstein worked together, and Jared then created this model. My version of this model is being lovingly used with Jared's and Kathleen's permission. I feel grateful to have today this clear expression of Marshall's Art.

### Form



