



What is Empowering Communication, (EC)?

Empowering Communication is our preferred title for Nonviolent Communication (NVC), a model developed by Marshall Rosenberg, Ph D in the 1960s. Dr. Rosenberg was motivated to help people connect with their own humanity and that of others respectfully, compassionately, peacefully and with joy. This model empowers individuals to receive even the most difficult messages with respect and at the same time to speak honestly what is of most value to them. Rosenberg captured the essence of Gandhi and King, and created a framework of easy to learn steps, which yields awareness and choice about how we use language and how we connect at the heart. It is a model and consciousness that teaches a path to unconditional acceptance and love of others.

Empowering Communication for Individuals and Groups

Empowering Communication offers a practical and unique model to strengthen and transform relationships at home, in our places of work, in faith communities, and in the community at large. We predict it will offer challenge and satisfaction to all who wish to nurture established relationships and will give individuals a practical tool to deal with small and large conflict as it arises. In addition to enriching one-on-one relationships Empowering Communication teaches a model of mediation and facilitated dialogue for small and large groups. It gives leaders a powerful way to track and facilitate conversation in committees and boards so they can function at their best.

What is the Institute for Empowering Communication, (IEC)?

Blending the practical with the inspirational, we support people in developing more fulfilling relationships and richer lives. We help organizations create an environment where employees thrive.

Empowering Communication Supporting Faith Communities

Empowering Communication has been or is being taught to seminarians at Luther, Western Theological, and Princeton Seminaries. Where pain and discord have divided members of faith communities, a restorative process called Restorative Circles, employing EC, has healed divisions.



The Institute for Empowering Communication
is affiliated with the international
Center for Nonviolent Communication