

Non-Violent Communication

Non-Violent Communication (NVC) is a framework developed by Marshall Rosenberg that emphasizes compassionate and effective communication. It aims to foster understanding, connection, and cooperation by focusing on four key components: observations, feelings, needs, and requests. **At FYP, We believe that all people are fundamentally kind and that compassion is the element that truly bonds people together and the bridge that can help us overcome differences in interests, beliefs, identities, and groups.**

1. Observations without judgment
 - Describe what you observe without attaching judgment or blame.
 - Example: Instead of saying, "You're always late," try, "I noticed that you arrived 15 minutes after the agreed-upon time."
2. Expressing feelings
 - Identify and express your emotions without criticizing or holding others responsible for them.
 - Example: "When you arrived late, I felt frustrated and concerned about the impact on our project timeline."
3. Identifying needs
 - Recognize the underlying needs that drive your feelings and those of others.
 - Example: "I need reassurance that our project will be completed on time and that everyone's contributions are valued."
4. Making clear, specific requests
 - Ask for concrete actions that can help meet your needs, without demanding or threatening.
 - Example: "In the future, could you please let me know if you're running late or need assistance with your tasks?"

Practicing NVC within the FYP community:

1. When providing feedback to fellow committee members or event participants, focus on specific observations and the impact of their actions, rather than making judgments about their character.
2. If tensions arise during event planning or discussions, take a moment to check in with your own feelings and needs, and encourage others to do the same. This can help create a space for more understanding and collaboration.
3. When making decisions as a group, ensure that everyone has an opportunity to express their needs and perspectives. Seek solutions that take everyone's needs into account, rather than resorting to majority rule or top-down decision-making.
4. If you find yourself in disagreement with someone, try to identify the underlying needs behind their perspective. By showing empathy and understanding, you can often find common ground and work towards mutually satisfying outcomes.

5. When communicating with event partners, sponsors, or external stakeholders, use NVC principles to build trust and foster long-term relationships. Focus on shared goals and how you can support each other's needs, rather than making demands or engaging in power struggles.
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