

Create Your Personal Learning Path

Step 1: Assess Your Current NVC Skill Level

Before you begin browsing through the NVC Multimedia Library or the Live NVC Courses, your first step is to self-assess your current skill level with Nonviolent Communication. Doing so will help you focus on the materials and courses that are most in alignment with your comfort level. Take care to remove any self-judgment from this assessment, and simply treat this step as an objective statement of your comfort level.

What Skill Level Are You?

- Introductory**
- Beginner**
- Intermediate**
- Advanced**

Step 2: Consider Your Available Time

What time do you have available to participate in courses, practice the concepts, and reflect on your learning? Be realistic, considering all of your needs. Try to identify a specific quantity of time per day, per week, or per month you can devote to meeting your learning goals.

I have the following time available: _____ **hours per** _____

Step 3: Set Your Personal Goals

What do you hope to achieve as a result of engaging in NVC training or practice? In what timeframe do you want to achieve this goal? With consideration to your learning level, and the time you have available, write down the specific personal goals you have in relation to learning NVC.

Be sure to keep the goal specific to what you can do, rather than dependent on another person's actions or behavior. For instance, perhaps your goal is to gain more confidence in communicating your feelings and needs with your immediate family, right in the moment you have an experience of them. Or, perhaps your goal is gain enough experience and practice in the fundamentals of NVC that the consciousness of NVC becomes second nature to you.

My personal learning goals are:

1. _____
2. _____
3. _____

Step 4: Create Your Learning Path

Browse the wide range of courses and learning materials available, and in the space below, chart out a learning path that will help you reach your goal(s). Consider incorporating a diversity of instruction, reflection and practice. Also consider topical applications of NVC that you're most interested in (such as conflict resolution, NVC in the workplace, or NVC in parenting).

1. Course/Resource Title: _____
Date you'd like to complete this resource: _____

2. Course/Resource Title: _____
Date you'd like to complete this resource: _____

3. Course/Resource Title: _____
Date you'd like to complete this resource: _____

4. Course/Resource Title: _____
Date you'd like to complete this resource: _____

5. Course/Resource Title: _____
Date you'd like to complete this resource: _____

6. Course/Resource Title: _____
Date you'd like to complete this resource: _____

7. Course/Resource Title: _____
Date you'd like to complete this resource: _____

8. Course/Resource Title: _____
Date you'd like to complete this resource: _____

9. Course/Resource Title: _____
Date you'd like to complete this resource: _____

10. Course/Resource Title: _____
Date you'd like to complete this resource: _____