

NVC Business Speak  
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Here are a few examples of NVC skills/practices and also some needs and how to present these in a way that makes sense in a business/work setting:

NVC Skill/Need	What is it?	What to call it in a business
Reflection (or mirroring)	Letting the other person know on a high level what you've heard them say. This in effect is the first step of the NVC model: an observation (what you heard)	Recapping or Headline  le Can you give me a headline back on what you heard so I know I've made it clear?  Let me recap this so I know I've gotten it
Need	Universal need---qualities that we all value as human beings, free of strategy	What's driving this situation? What matters most to you, on a core level?
Shared reality	(a need)	Getting on the same page
Self-Empathy	Taking a moment to connect with yourself about your own feelings and needs	Self-management
Feeling	Emotion or sensation in response to a stimulus. Key to self-connection and connection with others.	What's your visceral, gut response to this?
Request	Connection request or strategy request (clear, positive doable) free of demand.	What's one next step that will move this forward?
CPD request (clear, positive, doable)	A request focused on strategy after connection/shared reality is established via connection requests	Empowered request

What NVC terms or practices do you like to use/share with others and how would you feel comfortable referring to them in a work setting?