Towards a Nonviolent World
Training in Peace-building

How can we build a peaceful world if we do not invest in relevant knowledge and skills...? To overcome today’s challenges we need training.

**What Does One Learn?**
In the training participants develop a critical perspective on violence, its causes, justifications and consequences. They learn how to intervene to prevent escalation of conflicts, how to mitigate conflicts and how to engage in a process that seeks sustainable solutions. And finally how to address social questions through nonviolent activism. Developing this kind of knowledge and skills will empower you to undertake both personal and collective action and change yourself and your surrounding.

**Active Engagement**
Role-plays are a frequently used means to acquire new skills. In general, the Training is based on 'Experiential Learning', which starts with Action, followed by Reflection and Abstraction, cycling back into action that integrates the learning. It integrates body and mind into the learning process and requires the learner to actively engage with the subject, rather than passively receiving knowledge.

**Do You...?**
You wish the world was more peaceful, yet you’re uncertain how to contribute to that ideal? And you feel alone in this? Maybe you avoid conflict, or sometimes act in a way you don’t like? Then this training can help you to gain the skills you need and connect to others who want the same.

**Outcomes**
After the Training you will be a more competent ‘peace builder’; at work, at home and in your community. You’ll also get to know new people who can support you and collaborate with you, putting your new skills into action!

For more information about trainings or workshops or to make a request: www.towardsanonviolentworld.org
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Workshops

**CONFLICT AWARENESS**
The workshops are based on the book (in press) "ENGAGING NONVIOLENCE Activating Nonviolence in our Lives and our World". To change the way one deals with conflict and violence, one first has to gain more awareness. These workshops will give you some very important insights. A constructive approach to conflict means you need to be able to identify different types of violence, the escalation point of conflict and different strategies to resolve conflict. Awareness of privilege is important to become more inclusive and awareness of power dynamics are necessary to identify opportunities for empowerment. In several workshops all these issues will be addressed.

A participant said: “It was so impressive to see young people sharing similar passions and ideas. I return to my life with lots of inspiration and ideas for the future, and more important, with the assurance that I am not alone in this struggle.”

**CONFLICT SKILLS AND PRACTICES**
When you are aware of the basic aspects of violence and dynamics of conflict, it is time to practice your skills in Conflict Resolution and Peace-building. With role-plays you get a better understanding of constructive ways to resolve conflict and build peaceful relationships. Besides interpersonal skills, you will get some tools to develop inner peace, and learn about community practices, such as Restorative Justice.

**CAMPAIGNS AND SOCIAL MOVEMENTS**
It is also possible to focus on learning about social movements that achieved change nonviolently. How did they succeed, and how can you use those stories for your own activism? You will get some tools that will help you analyze and strategize to make an impact on society.