

## INTRODUCTION TO NONVIOLENCE WORKSHOP THIS IS THE PARTICIPANTS AGENDA/DAY PLAN

9am-5.30pm with 30 minutes break am and pm and 1¼ hours for lunch  
(These breaks are designed for people to get to know one another, process the information and avoid excessive fatigue at the end of the day, which reduces learning).

Food & Drinks: One method often used is for people to bring food/lunch to share and the organisers to provide drinks and snacks for the morning. Leftover lunch is eaten in the afternoon break. This idea of shared food can build a sense of group. The food content should be considered so some people attending are not excluded because of their dietary requirements. If cooking is required this needs to be scheduled into the time scale.

### **Day Plan**

Welcome – Why I wanted to participate, one hope and one fear

Quotations – my favourite one (or two!)

Principles of Nonviolence

#### **Break (30 minutes)**

Misconceptions of Nonviolence (as a handout)

How Does Nonviolence Work

- Why we obey Authority
- Two Models of Power

Nonviolence as a Continuum

Role of activists

#### **Lunch Break (1.25 hours)**

Bright & Lively

Flower

Nonviolent Strategies for De-escalating Aggression/Violence

Hassle Lines

#### **Break (30 minutes)**

Affinity Groups

Nonviolence – Direct Action, Civil Disobedience, Styles and Language

Empowerment through Nonviolence – Setting Realistic Goals for Myself

Where do I want to use my skills?

Saying Goodbye/Endings & Evaluation

