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