



TRAINING COURSE “PEACE AND CHANGE. BUILDING THE PEACE-ABLE COMMUNITY”

ASHA CENTRE, UNITED KINGDOM

15 – 22 MAY 2012

Between 15-16th May 2012, the ASHA Centre held its ‘Peace and Change: Building the Peace-Able Community’ training course.

The Peace & Change course was based on a few basic foundations, namely:

1. Everyone deserves health and happiness, not just the many or the few
2. We belong to a single human family
3. We can cooperate and not just compete
4. The essence of leadership is service
5. Anyone can make a difference for the better
6. The ends and the means are the same i.e. “we must be the change we wish to see in the world”

Participants were taught that such foundations are more than just ideals, but ways to reference their own behavior. If we truly believe that we belong to a single human family, what does that mean with how we interact with each other, how we treat each other, how we care for and respect each other? If we look at number six, if the thing that we want in a relationship is more kindness, then we ourselves must be kind; if we want to see cooperation, we ourselves must cooperate; if we want a group to be calm, we ourselves need to be calm; if we want someone to understand us, then we need to be understanding.

The course focused on Peace and Change in two ways. Firstly, by helping to develop and access the inner resources of the individual/leader. This helped the individuals become aware of what is going on within them, their intent, their visions, their actions. It helped them to draw more fully on the whole range of capabilities and energies in creating peace and change from the inside out. Through the development of awareness, it helped them to stay fresh and strong in the service of the need in front of them. Secondly, the programme helped to deliver the skills and abilities required to deliver this change in practice. These are the abilities to manage people, set up tasks and projects and ensure delivery, and to develop and grow the people who work with and around them while creating change.

To create peace and change requires the understanding of and engagement with people individually and in society and the ability to work with this understanding in the service of one's own society. Participants in this programme were taught to be able to meet the needs of the community and society in which they live through service as transformational leaders, and help to bring about change which uplifts those it touches.

Arrival: 15th of May 2012

Departure: 22nd of May 2012

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Lower Spout Lane
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<http://www.facebook.com/AshaCentre>

<http://youtu.be/kBpHDAfab2Q>

http://ashacentre.org/index.php?option=com_k2&view=item&id=696:peace-and-change&Itemid=181

**'Peace and Change - Building the Peace-Able Community'
Daily Programme**

Timing	Tues 15	Wed 16	Thurs 17	Fri 18	Sat 19	Sun 20	Mon 21
08.00-09.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30 11.00	A R R I V A L S	TC Introduction Get to Know each other	Introducing peace and conflict management	Peace-building for beginners	Non-violent communication	Case studies of Peace and Change in the World context	Project development
11.00-11.30		Break	Break	Break	Break	Break	Break
11.30-13.00		Programme, aims & objectives, methodology, fears & expectations	Peace and Conflict typologies	Peace building and its outcomes	Styles of self - management	Peace building and active European citizenship	Working in project ideas
13.00-14.30		Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
14.30-16.00		Team-building exercises	Conflict Management Styles	Theatre workshop: Exploring the 4	Free afternoon in Gloucester	Workshop 1: 'Be the Change you wish to see in the world'	Project presentations
16.00-16.30		Break	Break	Temperaments as a tool for transformation in youth work	Break		
16.30-17.30		NGO Fair	Conflict Cycle Workshop		Free afternoon in Gloucester	Workshop 2: 'Be the change you wish to see..'	Final evaluation and learning audit
17.30-18.00		Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups
19:00 - 20.00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20.30...		Welcome evening	Intercultural evening	Short films on Peace and Change	Pub evening	Free evening	Movie evening

EU PARTNERSHIP

ASHA Centre	United Kingdom
Profilantrop Association	Hungary
Come Una Marea	Italy
D.G.T Association	Romania
IIC	Bulgaria
Raplektion	Croatia
Patronus	Slovakia
Rigas 34	Latvia

