

## Day 1

### Session 1. Welcome and community building

Welcome

Team Introduction

Your name without the adjective, how long you've been doing AVP and a sentence about AVP's impact on you. Pass to the next facilitator.

Opening Talk (10 minutes total)

History of AVP

How AVP works

AVP Philosophy

- Everyone teaches; everyone learns.
- We learn through experience, reflection and expression.
- Every person's journey is different.
- Focus on learning, not on religion or therapy and on personal change in private and public life.
- Attend voluntarily, not required or coerced.
- Discern decisions listening to everyone's input.
- Enjoy! Be playful, curious, awestruck, surprised, creative, hospitable and loving

AVP Building Blocks or Road Map

- Affirmation
- Communication
- Cooperation
- Community
- Transforming Power

Cooperative Agreements

- Affirm self and others; no put downs or put ups (on a pedestal).
- Stop. Listen. Don't interrupt.
- Speak simply and honestly, without fear of mistakes.
- Tell your own stories, not others' without permission.
- Ask for and offer hospitality, feedback and help.
- When disputes arise, first calm your emotion, then speak directly.
- Call for play or silence as needed.
- Make friends, not enemies with people similar and different from yourself.
- Use what's needed and share the rest fairly.
- Use your right to pass.
- Volunteer yourself only.
- Take care of each person, the group, the larger community and the land.
- Live in integrity with life's transforming power.
- Any others?

## Schedule and attendance

- You may miss up to four hours of in-session time and still receive a certificate of completion.

## Housekeeping

- Smoking only to and from meals.
- Try to limit bathroom breaks to session breaks.
- Clean up spills.
- If you need to leave the circle, walk around the outside.

## Buzz Word

## Clinicking and Unanswered Questions

## Agenda Preview

Gathering: Name and one thing I want to “put on the shelf” so I can be fully present is...

Ex: Adjective Name Game

This exercise allows us to choose a positive word about ourselves—either how we are now or how we would like to be—that starts with the same sound as our name. As each person picks their affirmation name, we hear and we use more and more positive words. We say the names of each person who has gone before us and then give our affirmation name.

People living in peace use about 60 – 70, 000 words per day. People experiencing violence lose about 90% of their daily vocabulary. How many positive words do you use? Practice using 3-5 positive words when stress rises in you.

L&L: Big Wind Blows

## Break

Ex: Affirmation in Twos

What is good listening?

- Stop in your body and your mind.
- Turn towards the person speaking, making eye contact available but not forced.
- Pay attention to your partner’s meaning.
- Good listening is nonverbal. Notice how listening is in your muscles, your face, your breathing.
- How can you read others? How can they read you?

What is affirmation?

- We affirm by making concrete, specific statements about the strengths, gifts and positive characteristics of ourselves and others.
- We are trained to notice weaknesses or mistakes in detail, but can you be as specific and concrete about the positive aspects of yourself and others?

L&L:

*Posters: Agenda, AVP Road Map, AVP Philosophy, Cooperative Agreements, Open Questions, Listening Do’s and Don’ts*

## **Session 2. Communication**

Agenda Preview

Gathering:

Ex: Concentric Circles (choose 6 questions – at least one from each category)

Break

L+L:

EX: Brainstorm: What is Violence? What is Nonviolence? Trees.

- Circle three things that are relevant to your own life from both trees and then, gathering-style, talk about one of them from each tree.

Grounding:

Evaluation Sessions 1+2

Closing: Texas Hug

*Posters: Agenda, What is Violence tree, What is NonViolence tree, Evaluation Sessions 1+2*

*Materials: Small colored markers for each participant and facilitator*

## **Day 2**

### **Session 3: Transforming Power**

Welcome: Welcome. Please sit comfortably, relax on your skeleton. Stop. Let yourself fall away. Let what you want, like, understand, fall away. Feel your breath, your heartbeat, the unconditional gift of life. Open to the transforming power of life. Life is valuable, you are alive & valuable. Nothing we can say or do will make us any more valuable than we are right now. This is it. This is enough.

Agenda Preview

Gathering: A power for good that I have is...

Ex: Sharing a Conflict I Solved Nonviolently

- Recall the conflict you solved nonviolently and think about the moment when the choice was to use your power of imagination, humor or courage to look for the good rather than use physical or verbal violence to shift the energy in that situation.

L&L:

Break

Transforming Power Exercise

L&L:

Ex: Guides to Transforming Power Exercise

1. Pass out tp cards.
2. Read the guides to tp outloud, going around the circle
3. Place orange poster board guides on floor, scattered in the middle of the circle.
4. Ask participants to choose one that speaks to him or her.

5. Go around the circle, each person saying what the guide he or she has means to him or her and tell of a time he or she was able to do that guide. After a person speaks, he or she places the guide on the floor so that others can pick it up and speak to it if they choose when it is their turn. Facilitators participate and whoever is facilitating this exercise is the first to speak to model the exercise.
6. Processing:
  - a. Are there any insights that people have to share from this exercise?

#### **Session 4: Cooperation**

Agenda Preview

Gathering: A time I felt totally myself is...

Ex: Core Self

L+L:

Break

Ex: Broken Squares or Cooperative Construction

L&L:

Ex: Red Light Green Light and "I" Messages

Evaluation Sessions 3 + 4

Closing:

#### **Day 3**

##### **Session 5: Conflict Transformation**

Agenda Preview

Gathering: Something I have thought about from yesterday is...

Introduction to Role Plays

Role Play 1

Role Play 2

Role Play 3

Break

L&L:

Ex: Empathy

L&L:

##### **Session 6: Closure**

Agenda Preview

Gathering: Something I will take from this workshop and use in my daily life is...

Ex: Who Am I? or Life Auction

Reflection Exercise

L&L:

Break

Guided Meditation

Team Graduation

Where we go from here

Evaluation Sessions 5 + 6

Closing: