

DRAFT AGENDA – BASIC WORKSHOP

Tue, Wed, Thu 1-9pm

Team-building & planning meetings are not included in this agenda.

Materials for each exercise shown in **bold face**

Tuesday – Session 1

ROUGH

Start times Dur.

1:00 PM	20	Treasure Hunt (as people arrive) / hand-out
1:20 PM	5	Welcome & self-introductions of facilitators
1:25 PM	5	Agenda Preview / poster
1:30 PM	5	Opening talk / poster & A-11
1:35 PM	5	Community Agreements / poster (A-11) Ask for an overt signal (stand, raise hand, etc.) Release anyone who can't
1:40 PM	5	Logistics / talking points sheet Put up Unanswered Questions sheet
1:45 PM	10	L & L: A Big Wind Blows (for people like me) (F-8) Introduce hurricanes (one per person) (at polite moments)
1:55 PM	35	Positive Name Game (F-18) Say your Postitive Name when speaking We also call this your "Adjective Name"
2:30 PM	10	L & L: Elephants, Palm Trees & Skunks / newspapers & music or noise-maker (F-9)
2:40 PM	20	Affirmation Exercise in 2s (E-5) (then introduce partners in 4s? Or to whole group?)
3:00 PM	10	BREAK
3:10 PM	20	Gathering: <i>What I hope to get out of this workshop is ...</i>
3:30 PM	30	Concentric Circles (E-19)
4:00 PM		Put out sign-in sheet: <i>Name to put on Graduation Certificate</i> <i>Positive/Adjective Name</i> <i>ID#, Housing</i> Ask participants to add themselves to the list before or after dinner.
4:00 PM	70	Dinner Break

Tuesday – Session 2

5:10 PM	5	Agenda Preview / poster
5:15 PM	10	Gathering: _____ (F-3) Possibly: <i>A value that is important to me is ...</i>
5:25 PM	25	Brainstorm: What is Violence? Non-Violence? / blank posters (D-20 Adv.)
5:50 PM	10	L & L _____ (F-6)
6:00 PM	10	<i>BREAK</i>
6:10 PM	5	Gathering: <i>Weather Report</i>
6:15 PM	35	Sharing a conflict I resolved non-violently / pads & pencils (E-4)
6:50 PM	35	Listening (E-37)
7:25 PM	10	L & L _____ (F-6)
7:35 PM	25	Cooperative Construction / newspaper & tape (E-12)
8:00 PM	10	<i>BREAK</i>
8:10 PM	10	Gathering: <i>I feel good about myself when ...</i> (F-2)
8:20 PM	40	Broken Squares / squares (E-9) Ask if anyone has done this before (e.g. in Creative Conflict Resolution class) – k 10 minutes to set up, 20 to run (give hints after 15 minutes), 10 to process. Give groups that finish early the “extra credit” block-letter challenges
9:00 PM		(IF WE HAVE EXTRA TIME: Reflections/Evaluation / blank poster
9:00 PM	2	Closing: Texas Hug
9:02 PM		Good Night.

Wednesday – Session 1

1:10 PM	5	Agenda Preview / poster
1:45 PM	30	Gathering: <i>Something I thought about since yesterday was ...</i>
1:40 PM	30	Transforming Power Talk / handout (B-2) & 12 Guides
2:15 PM	10	L&L: _____
2:25 PM	30	From Another Point of View (D-84 in Advanced)
2:55 PM	15	BREAK
3:10 PM	15	Feeling Faces / “face plates” (E-23 simplified) Have each person say “I feel _____ when _____”
3:25 PM	10	Gathering: _____
3:35 PM	15	SKIT: Teenager coming home late / blank poster (story in E-30)
		<p><u>Round 1:</u> Parent greets teen with “you messages”, blame, guilt, emotional attack teen eventually shuts down and retreats to his/her room, slamming the door. <u>Process:</u> “What happened here?” (scribe)</p> <p><u>Round 2:</u> Same scenario but parent gives a perfect I-message (no barbs etc.) and agrees to call when they will be late (or to work something out later). [Be realistic; the teen might be suspicious or unsure, but still responds to an NV I message] <u>Process:</u> “What was different this time?” (scribe)</p>
3:50 PM	10	Defense Reaction Rap / poster Emphasize how we often include verbal “darts” or “barbs” in what we say What's left if we choose to avoid all forms of violence or coercion? → All we can do is tell the other person about <i>ourselves</i> , hoping for empathy; Then we might make a <i>request</i> (not demand, which would be coercive).
4:00 PM	70	Dinner Break

Wednesday – Session 2

5:10 PM	15	Gathering: _____
5:25 PM	10	I-Message Rap: A form of Non-Violent Speaking Briefly point out differences between <i>Emotions</i> , <i>Explanations</i> & <i>Comparisons</i> (E-28) Introduce I-Message Formula (E-29 part 3) / I-Msg Poster, List of Emotions hand-out
5:35 PM	15	Practice I-messages in pairs / List of Emotions (handed out before), I-Msg Worksheet hand-out, note pads & pens, scenario strips Divide into pairs; Pass out pre-cut scenario strips (from E-35 & E-34), and formula worksheets Instructions: Compose an I-Msg you might say in that situation and either tell it to your partner or write it down and give it to your partner; Then have your partner say your I-Message <i>back to you</i> , and feel what it's like Revise your I-Message to remove any "barbs" (avoid provoking <i>defense reactions</i>) Take turns so each person hears their own I-Message. (Facilitators circulate to coach as many people as possible)
5:50 PM	10	Process (all together)
6:00 PM	10	BREAK
6:10 PM	10	Gathering: _____
6:20 PM	10	Role Plays – Intro (G-2)
6:30 PM	15	Role Plays – Planning in groups / instructions hand-out
6:45 PM	15	Role Play – Group 1; debrief & de-role
7:00 PM	15	Role Play – Group 2; debrief & de-role
7:15 PM	15	L & L _____
7:30 PM		Role Play – Group 3; debrief & de-role
7:30 PM	15	Role Play – Group 4; debrief & de-role
7:45 PM	10	L & L _____
7:55 PM	40	Empathy (E-22)
8:35 PM	10	Reflections & Evaluation / blank poster
8:45 PM	10	Closing: _____
8:55 PM		Good Night.

Thursday – Session 1

1:10 PM	30	Put out Affirmation Posters and explain what to do
1:40 PM	5	Agenda Preview / poster
1:45 PM	50	Gathering: (deep) e.g. <i>One of the hardest/scariest things I have had to do in my life is..</i> <i>Violence has affected my life by ...</i> <i>A way my family handled conflict was...</i>
2:35 PM	10	L & L _____
2:45 PM	15	Additional time for signing Affirmation Posters
3:00 PM	10	BREAK
3:10 PM	10	Gathering: _____
3:20 PM	40	Six Point Problem Solving – Father Coming Home / handout: Copy of E-47 folded to hide “Your Task” (E-47) Lead groups through the process in “lock step” Ask them to leave the bottom part covered (folded) while they choose roles.
4:00 PM	70	Dinner Break <i>Facilitators Sign certificates; sort with affirmation posters etc.</i> <i>To prepare for graduation</i>

Thursday – Session 2

5:10 PM	5	Agenda Preview / poster
5:15 PM	40	Who Am I (E-61)
5:55 PM	10	L & L _____ (Line Up [F-12]?)
6:05 PM	30	Trust Lift or Trust Circle (F-19)
6:35 PM	20	Where to we go from here? Unanswered Questions
6:55 PM	15	Graduation / certificates, affirm. Posters, AVP cards or poc
7:10 PM	30	Talking Heart Circle / heart (or talking token)
7:40 PM	20	Clean-up & good-byes
8:00 PM	10	** Participants Depart **
8:10 PM	30	<i>Team: Post-workshop conference (C-8)</i> <i>(Allow at least 1 hour with a full team</i> <i>e.g. 3 Inside Facilitators + 2 Outside Volunteers)</i>

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