

AVP for Justice and Peace

SAMPLE AGENDA

min Session 1: AFFIRMATION

20 Welcome & Gathering: *Name & one thing I hope for is...*

05 Agenda Preview

15 Opening Talk: History, Approach, Road Map, Logistics

40 Affirming Words

20 Cooperative Agreement

15 Break

15 Big Wind Blows

35 Affirmation in Pairs

15 Reflection on Affirmation & Closing

min Session 2: RESILIENCY

20 Welcome & Gathering: *Name & a place I felt safe as a child...*

05 Agenda Preview

45 Core Self Drawings

10 Introduce Affirmation Posters

20 Light & Lively

15 Break

45 Good Companions and Emotional Discharge

20 Reflection on Resiliency & Closing

min Session 3: TRANSFORMING POWER

10 Gathering: *Name & a power for good I have is...*

45 Stories of Violence

15 Light & Lively

15 Break

45 Stories of Nonviolence

30 Transforming Power

20 Reflection on Transforming Power & Closing

min **Session 4: COMMUNICATION**

20 Welcome & Gathering: *Name & a person I trust & why...*

05 Agenda Preview

50 Concentric Circles

25 Light & Lively

15 Break

45 I-Messages

30 Reflection on Communication & Closing

min **Session 5: COOPERATION**

20 Gathering: *Name & something I like to do with others is...*

45 Broken Squares

15 Light & Lively

15 Break

45 Empathy

20 Affirmation Posters

20 Reflection on Cooperation and Closing

min **Session 6: REMEMBERING**

20 Welcome & Gathering: *Name & how I feel right now is...*

05 Agenda Preview

25 Stress, Distress and Reactions

15 Light & Lively

15 Break

75 Stories of Trauma

25 Reflection on Remembering & Closing

min **Session 7: RECONNECTION**

20 Gathering: *Name & something I like to do with others is...*

45 River of Life

20 Light & Lively

15 Break

45 Stand on a Line / Zones of Adaptation

15 Personal Commitment

20 Reflection Reconnection & Closing

min **Session 8: CONFIDENCE**

20 Welcome & Gathering: *Name & a time I felt fully alive and engaged is...*

05 Agenda Preview

50 Gathering for Sharing: Confidence in Transforming Power

20 Light & Lively: Sun & Umbrella

15 Break

50 Labels

20 Reflection on Confidence in Transforming Power & Closing

min **Session 9: CONVICTION**

15 Gathering: *Name & a person who loves me and why...*

55 Companion Groups: Conviction

20 Light & Lively

15 Break

55 Breakthrough

20 Reflection on Conviction in Transforming Power & Closing

min **Session 10: LIBERATION**

20 Welcome & Gathering: *Name and an inner strength I need to remember to rely on is...*

05 Agenda Preview

50 Concentric Circles on Oppression

15 Light & Lively

15 Break

55 Challenging the Dynamics of Oppression

20 Reflection on Liberation & Closing

min **Session 11: TRANSFORMATION**

35 Empty Chair: *Name and a person who loves me and why ...*

55 Stories of Overcoming Prejudice and Privilege

20 Light & Lively

15 Break

35 Journaling on Available and Prepared

20 Reflection on Personal Transformation & Closing

min **Session 12: FEEDBACK**

25 Welcome & Gathering: *Name and a change I will make in my personal life.....*

05 Agenda Preview

50 Fishbowl Demo: Reflection & Feedback

15 Light & Lively

60 Companion Groups: Reflection & Feedback

25 Reflection on Feedback & Closing

min **Session 13: CONSENSUS OF CONSCIENCE**

25 Gathering: *Name and one thing that brings me joy is...*

50 Picture Sharing

15 Break

15 Light & Lively

55 Speak Out

20 Reflection on Consensus of Conscience & Closing

min **Session 14: WRAP-UP**

20 Welcome & Gathering: *Name and a closing thought or comment is...*

05 Agenda Preview

40 Personal Reflection

15 Light & Lively

20 Group Photo

20 Open Questions & Next Steps

25 Reflection of the Whole Workshop

25 Certificates

10 Closing