



Peace & Wellness Program

Peace and Wellness Program is a series of 5 workshops that can be held individually or as a whole program. The program goal is to raise consciousness, knowledge and skills of participants, to help participants understand peace and wellness concepts, and to explore how they are manifested in their lives as a threshold to the realization and commitment of a healthy lifestyle.

Program Objectives

- 1- To define concepts of Peace and Wellness from different perspectives
- 2- To emphasize the importance of inner peace as well as outer peace
- 3- To encourage participants to explore the different dimensions of wellness in their own lives
- 4- To provide tools and techniques for stress management and emotional balance
- 5- To explain the basic concepts of nonviolent communication to enable participants to encounter conflicts and miscommunication by utilizing new skills that would help them connect better with others
- 6- To explain the foundation of the development of a personal leadership plan (PLP)
- 7- To guide participants in developing a Wellness (Personal Tailored) Action Plan (WAP) and Commitment

Learning Outcomes:

Participants will be able to:

- 1- Create their own understanding of Peace and Wellness in their own lives
- 2- Analyze peace in their relationship with themselves and their surroundings with possible recommended action steps
- 3- Understand and use the basic concept of Nonviolent Communication
- 4- Utilize techniques for emotional wellbeing
- 5- Develop their own Wellness Action Plan (WAP) and identify a sustainable commitment of follow up
- 6- Present their own Personal Leadership Plan (PLP)

Workshop 1: What is Peace and Wellness

An exploration of concepts of Peace and Wellness from different backgrounds will be presented, followed by own understanding. Diving deeper into applying these concepts in participants' life and relationships. Engaging in the dimensions of wellness to come up with at least one or two actions in one of the dimensions.

Workshop 2: Personal Leadership Plan (PLP)

A comprehensive PLP is a phenomenal foundation tool for anyone who wishes to live his or her life from a purpose, thrive to fulfill a vision and leave a legacy. It covers own Story, Vision, Personal Branding, Objectives and Action Plan, Barriers, and Legacy. Participants will start working on the PLP, then they will take time to work on it further in details and return to present it to the group in workshop 5.

Workshop 3: Emotional Wellness / Compassionate Communication (Nonviolent Communication (NVC))

An informative, inspiring intro to NVC presenting a revolutionary way of thinking and speaking that is being used around the world to bring peace and connection to personal, professional and international relationships. A new generation of human connection and peacemaking skills, known as "NVC" that's changing the way we think about conflict, compassion and our future. This workshop provides learning for personal growth, hope and profound fun. The workshop starts with an interactive introduction followed by exercises and more. For more info: www.nvc.org

Workshop 4: Wellness in Action

A detailed model of wellbeing will be presented and participants will work on a wellness action plan (WAP) with the guidance of the facilitator. Afterwards they will be provided with readings and resources to work on and further develop their plan at home.

Workshop 5: Presentation of Personal Action Plans

A presentation of participants' PLP and WAP. Followed by discussion, feedback and celebration. Each presentation will be video recorded (optional) and sent to participant after the workshop.

Program can be offered a single workshop or a whole program

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