

# ALTERNATIVES TO VIOLENCE PROJECT



The AVP Level One workshop is a minimum of 15 hours of session time over three days. It combines learning through experience with training in communication and problem-solving skills. In structured group exercises, pairs work and discussions, workshop participants develop in the following areas, all of which help to build better relationships and handle conflict:

- Self-esteem: to believe in yourself and your potential as a person.
- Self-awareness: to know what matters most to you and understand your own feelings and needs.
- Self-confidence: to speak up for your own needs while respecting others.
- Listening: to allow another person time to tell their story and talk about their needs and feelings, and to take the person seriously.
- Empathy: to see another person's point of view and put yourself in their shoes.
- Body language: to be aware, when you speak or listen, of the signals that your body or someone else's is sending out.
- Trust and cooperation: to help or support others and to trust them to help or support you.
- Conflict-handling skills: to solve problems, handle difficult situations and build good relationships.