

Workshop Registration Form

ABN: 39029916740

YES, I would like to participate in an AVPQ workshop. Please send me details of your forthcoming workshops.

I am interested in: *Please tick those required*

- Community workshops _____
- Prison workshops _____
- Workshops for group/organization _____

Please give details of group

Please write clearly

Name: _____

Organisation _____

(if applicable)

Address: _____

_____ PC: _____

Phone: _____ Fax: _____

Email: _____

Send me info about AVPQ membership _____

Send to
AVPQ Inc, PO Box 78,
Sherwood, Qld 4075

Basic Workshop (Level 1)

The Level 1 course provides a structured introduction to the ideas of AVP.

Participants consider *the nature of violence* and the nonviolence skills which they can use to *transform violence*. The focus is on attitudes and tools which help to resolve conflict.

Communication skills and empathy are developed through a series of individual, paired and group exercises and role plays. The workshop encourages self-esteem and a sense of community through:

- affirmation
- respect for all
- community building
- cooperation
- trust.

The whole workshop can be one of exciting and significant self-discovery, skills-development and growth. Those who participate gain personally, socially and often professionally. They also make new friends and have fun in the process.

Workshop facilitators donate their time and all participants are also volunteers. All that is needed is a willingness to participate and comfortable clothes.

AVP has been the basis of great growth and change in my life. It has helped me in my career and my family life.

Workshop participant

Advanced Workshop (Level 2)

This workshop explores *consensus* and how it can *assist nonviolence*.

Participants use these tools as they *choose a focus* for the workshop — an issue that can underlie and trigger violent situations. Some of the common themes explored are:

- fear
- stereotyping
- anger
- forgiveness
- gender issues
- power and powerlessness

Facilitation Skills (Level 3)

This workshop focuses on team-work and facilitation skills. Within the team structure, participants try out their newly found non-violence skills and see how they can help resolve the team's problems. This enables participants to clarify and strengthen the skills they have learnt in the first two workshops.

Once all three levels of workshops have been completed, some people may want to volunteer for further training to become an AVPQ facilitator. Current AVPQ facilitators will be able to advise them on the next step.

What is Alternatives to Violence Project Qld Inc?

AVPQ is a growing community of people actively seeking nonviolent solutions to conflict.

AVPQ offers:

- **Community Workshops**, where individuals and groups can gain fresh approaches to conflict resolution.
- **Prison Workshops** to assist inmates who want to learn new attitudes and skills that can lead to more socially integrated lives.
- **Workshops for Groups** to promote team building; to develop attitudes that build trust; to discourage bullying and to learn how to avoid competitive conflict.

AVPQ is a multi-cultural, independent, non-profit association of members who support non-violence. Some become members and donate their time, offering experiential workshops that help people to change their lives.

AVPQ has no religious affiliation and is non-political. It draws its participants from all cultures, faiths and walks of life. AVP groups are active in all states and territories of Australia and in many countries round the world.

The AVPQ philosophy is grounded in spirituality and the belief that there is a power for peace and good in everyone. We believe this power has the ability to transform violence.

AVPQ workshops are for anyone interested in Creative Resolution of Conflict

If there is one thing that I picked up from AVP that I value the most, it would have to be respect for self. If you have no respect for self then you cannot have respect for others. Workshop participant.

Targeted Workshops

Youth Workshops

HIPP (Help Increase the Peace Project) has been developed for young people. It uses the basic AVP philosophy and skills adapted to the specific needs of young people. The project is new in Queensland and is proving both effective and popular. Contact us for more details.

Workshops for groups and organizations

We can run workshops for specific interest groups, eg Youth workers, businesses, police. Attending one of our workshops is a great way to gain valuable skills and experience, while also having fun.

AVPQ workshops facilitate effective communication and develop cooperative attitudes that build trust and avoid competitive conflict.

Contact us to find out more and to discuss your needs.

Want to know more:

- **Visit our website** at www.avpq.org.au for information on upcoming 'taster' events and workshops
- **Or contact**

The Secretary, AVPQ Inc.

Phone: (07) 3286 2593

(answer machine – we try to return your call promptly.)

P.O. Box 78, Sherwood, QLD 4075.

email: admin@avpq.org.au

website: www.avpq.org.au

ABN: 39029916740

Alternatives to Violence

Workshop Brochure

*Creating
Peaceful
Pathways*



*“For **anyone** who enjoys being with other **people**, who takes life both **seriously** and **joyously**, who would like to make their life **richer**, more complete and more meaningful, who would like to **deepen** their **insights**, who wishes to grow in **wisdom** and **understanding** and who would also like to have a **good time**, I recommend **AVP**.”*

Workshop participant