



Introductory Training *for* Facilitators



MONDAY, JULY 5, 2010: 12:00 PM
through **FRIDAY, JULY 10, 2010: 12:00 PM**

Held at **ARI BHÖD – TEHACHAPI, CA**

The Introductory Facilitator Training is designed to introduce the Tools for Peace curriculum, help participants acquire the skills to teach the curriculum in their schools, organizations, or communities, and begin the certification process for becoming a Tools For Peace authorized facilitator.

THE TOOLS FOR PEACE CURRICULUM OFFERS METHODS, STRATEGIES AND ACTIONS TO:

- Process and manage negative emotions and stress
- Resolve conflicts within oneself and with others
- Interact harmoniously and productively with others
- Effectively cope with one's own difficulties and alleviate the difficulties of others
- Strengthens skills of communication and cooperation
- Increases ability to concentrate
- Reinforce self-confidence and self-motivation

Using the *Personal Mandala Workbook* as a guide, participants will experience the curriculum first-hand by combining training in **mindfulness and meditation** with **artistic expression, writing, and discussion** to **create a personal Mandala**. Participants will also have the opportunity to receive training and deliver certain portions of the curriculum developed by Tools For Peace.

PREREQUISITES: THE GENUINE MOTIVATION TO BENEFIT OTHERS, AND THE WILLINGNESS TO REFLECT, LEARN, AND GROW.

To find out more about the Tools For Peace Introductory Facilitator Training, visit www.toolsforpeace.org or call (626) 564-0700.