



Creating a Culture of Peace™

An Interfaith Nonviolence Training
for Personal and Social Change,
with a little help from Neuroscience

Monday, 17 September 2018, 1 - 4 pm
Luther Seminary, Olsen Campus Center

The cost of this workshop is being picked up by the Seminary Pastor's Office. It is open to the public, in collaboration with the Saint Paul Interfaith Network (SPIN). Please RSVP so that we know we have the right size room.

This workshop will give participants experiences in practicing nonviolence from divisive internal and personal relationships to divisive political or social encounters. Concepts and exercises from Creating a Culture of Peace will identify personal and social violence (Barometer), the steps of active nonviolence (CARA) and planning and application of these steps when confronting "hasslers" or opposing viewpoints. Basic Neuroscience concepts will help to explain how the brain responds in difficult encounters - fight, flight or freeze, and how that understanding can be used to promote higher level responses and change - neuroplasticity. Participants will try out some new strategies in a safe and playful environment and will leave with some new active nonviolence practices for understanding themselves and others with deeper awareness, empathy and effectiveness.

PRESENTER, **Joan Haan** MA CPCC, PCC, CNTC is a professionally credentialed Leadership Coach with advanced certification, BeAbove Leadership: Neuroscience, Consciousness and Transformational Coaching. She is a trainer for Creating a Culture of Peace: Nonviolence Training for Personal and Social Change; Program and Executive Team for the St. Paul Area Interfaith Network, SPIN; and a Lead Facilitator for the Minnesota Council of Churches' Respectful Conversations Project. She has traveled and worked in the West Bank, Israel, Jordan, Iraq and Rwanda.



Please **RSVP** at <https://bit.ly/cultureofpeace>
or to mhess@luthersem.edu