



International Peace Bureau

Peace Education

Course:

**Toxic Communication
in Activist Realities**

Concept Note





International Peace Bureau

Disarmament for Development

A professional training series for all peace activists and human rights defenders, aimed at dismantling toxic patterns — from inner self-criticism to complex power dynamics.

Facilitator: Esset Samatova – Mental Health and Resilience Expert,
Sean MacBride Peace Prize Laureate

Why this program:

Toxic communication is one of the key hidden factors draining activists' energy, eroding collaboration, and accelerating burnout. Women human rights defenders face it across multiple layers:

1. Inside: harsh self-criticism, imposter syndrome
2. Among peers: passive aggression, trust breakdown
3. From authorities: manipulation, pressure, silencing
4. From communities: blurred boundaries, emotional overload

This course provides a step-by-step, practical roadmap to recognize, navigate, and transform toxic communication — while protecting well-being and building healthier activist spaces.

Registration:

To participate in this course register here or scan the QR code below:

<https://bit.ly/PeaceEdu-ToxicComms>





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Course structure: 4 interactive sessions

Duration: Every Thursday (September 18, September 25, October 2, and October 9) 90 minutes per session

Format: Tools-focused, trauma-informed, applied to real activist contexts

Intended audience: Women human rights defenders, peacebuilders, activists globally

Language: English

Sessions	Topics
Session 1. Breaking inner toxic voice: transforming the self-destructive dialogue	Understanding how self-criticism and shame undermine resilience — with tools to rebuild confidence and self-worth.
Session 2. Peer-to-peer toxicity: when our own spaces become unsafe	Addressing hidden conflicts, passive aggression, and power struggles within activist teams
Session 3. Upward toxicity: navigating status, power, and manipulation	Handling toxic communication from authorities, donors, and hierarchical players with grounded influence.
Session 4. Toxic expectations from beneficiaries: boundaries without losing compassion	Maintaining sustainable boundaries with communities while staying committed to meaningful support.



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Program benefits

- Immediate, practical tools to manage toxic communication
- Strengthened personal resilience and psychological safety
- Healthier activist teams and more sustainable advocacy efforts
- Contribution to IPB's mission of gender-responsive peace education

Participation packages

We propose several participation levels to ensure accessibility while offering meaningful upgrade options:

Basic package – €30 (full course)

- Access to all 4 live sessions
- Group interaction during sessions

€10 allocated to IPB for administration and fundraising, €20 to facilitator for delivery and preparation

Standard package – € 50

- All benefits from Basic Package
- Access to session recordings (available for 30 days)
- Downloadable PDF summary with key techniques and exercises

Premium package – € 80

- All benefits from Standard Package
- Individual written feedback from Esset on one personal communication challenge or question

Solidarity Package – Any amount

- I would like to support a scholar.

Solidarity Package – € 0

- I would like to apply for a scholarship.



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- We offer a limited number of scholarships to attend this course. Please fill out the registration form and explain why you would benefit from participating and how you will use it afterwards.

Certificate

- The certificate of completion is provided only to participants who fully attended the course.

Ways to Pay Your Course Fee

Please send us the course fee either via a standard bank transfer to our bank in Germany or through PayPal. All payment details are provided below. **Once you've made the payment, kindly send a copy of the transaction receipt along with your full name to info@ipb-office.berlin so we can verify and approve your registration.**

Scan here for Paypal:



German Bank Account:

Account Holder: Unterstuetzung des Internationalen Friedensbueros e.V.

IBAN: DE23 1005 0000 0190 6331 58

BIC (SWIFT): BELADEBEXXX

Bank: Berliner Sparkasse

For those unable to transfer the money through the above methods, please contact us at info@ipb-office.berlin.