



Peace Education Course

# **Peaceful Tools for Navigating Toxic Communication**

**A supportive training series for peace  
activists and human rights defenders**





# International Peace Bureau

*Disarmament for Development*

*A supportive training series for peace activists and human rights defenders, offering practical tools to navigate challenging communication dynamics (from inner self-talk to external power structures) while preserving energy, well-being, and collective strength.*

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

## **Why this program:**

In emotionally demanding activist work, communication can become a quiet source of strain. From the inner pressure we put on ourselves, to misunderstandings within our teams or difficult dynamics with power holders - these invisible patterns can wear us down, harm collaboration, and lead to burnout.

Women human rights defenders in particular often face these challenges across multiple layers:

1. **Internally** – harsh self-talk, imposter feelings
2. **Among peers** – unspoken tensions, fractured trust
3. **From authorities** – pressure, manipulation, or silencing
4. **From communities** – blurred boundaries, emotional overload

This course offers a clear, step-by-step and **compassionate roadmap** to help participants **notice, understand, and shift difficult patterns in communication**, while **protecting well-being** and **strengthening collective resilience**.



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## Course Details

- **Schedule:** Every Thursday (September 18, 25, October 2, 9)
- **Duration:** 90 minutes per session
- **Format:** Practical, tools-based, trauma-informed
- **For:** Women human rights defenders, peacebuilders, activists globally
- **Language:** English
- **Registration:** <https://bit.ly/PeaceCommsTools>



## Session Topics

### Session 1. Rebuilding the inner voice

How inner self-criticism and shame impact resilience and what we can do to restore a kinder, more grounded inner dialogue.

### Session 2. Strengthening trust in our teams

Exploring subtle dynamics among peers and learning how to work through tension with clarity and care.

### Session 3. Responding to power with integrity

Navigating challenging communication from donors, institutions, and hierarchical actors with confidence and strategic calm.

### Session 4. Holding boundaries with compassion

How to support communities without draining ourselves and how to care for our limits while staying committed to justice.



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## What you'll gain

- Grounded tools to navigate difficult conversations
- Practices to protect your energy and psychological safety
- Strategies for healthier team dynamics
- Contribution to IPB's mission of peace and gender-responsive activism

By participating, you're also supporting IPB's broader work on peace and sustainable disarmament.

## Participation Packages

To ensure access and sustainability, we offer multiple options:

### Basic Package – €30

- Access to all 4 live sessions
- Group participation and discussion

### Standard Package – €50

- All benefits from the Basic Package
- Session recordings (available for 30 days)
- Downloadable PDF summaries of tools and practices

### Premium Package – €80

- All benefits from the Standard Package
- Individual written feedback from Esset on one communication challenge
- Certificate of Completion (based on full participation and IPB policy)

## Solidarity Packages

We believe financial barriers should not prevent access.



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## Solidarity Packages

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### Solidarity A – Any amount

“I want to support another participant.”

Your contribution helps someone else access the course.

### Solidarity B – Free access with scholarship

“I’d like to request a scholarship.”

Limited scholarships are available. Please briefly share your motivation and how you hope to apply what you learn (in the registration form).

## Certificate of Completion

- Available for participants who attend the full course.

## How to Pay

You can pay your course fee by:

**Scan the QR code or use the link below to make your**



**via PayPal::**

<https://bit.ly/paypal-peacecommscourse>

## German Bank Account:

Account Holder: Unterstuetzung des Internationalen Friedensbueros e.V.

IBAN: DE23 1005 0000 0190 6331 58

BIC (SWIFT): BELADEBEXXX

Bank: Berliner Sparkasse



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After payment, please email a copy of your receipt along with your full name to: **info@ipb-office.berlin**.

Your registration will be confirmed after we receive your payment.

