

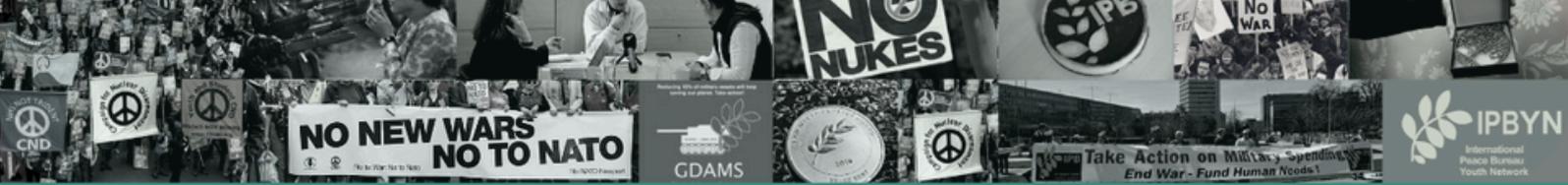
Peace Education Course

Peaceful Tools for Navigating Toxic Communication

A supportive training series for peace activists and human rights defenders

Organizer: International Peace Bureau (IPB)

Co-Sponsors: Global Campaign for Peace Education (GCPE), Global Women United for Peace Against NATO (GWUAN)



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 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 payment 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.

