



PO Box 73466  
Washington DC 20056-3466  
202-827-5967  
inbox@peacethroughaction.org  
peacethroughaction.org  
@peaceactusa #PeaceBeginsWithWe

## ESSENTIAL PEACE SKILLS TRAININGS

### What are Essential Peace Skills Trainings?

[Essential Peace Skills Trainings](#) are Peace Through Action® USA's series of intensive courses in core communication and conflict resolution skills. People can apply these skills to many challenges. That's what makes them essential for each of us to know. If we don't know them, we can't use them when it would be good or necessary to do so.

### What are these trainings on?

The Essential Peace Skills Trainings series will include modules on nine subjects: compassion, constructive communication, de-escalation, group dialogue, nonviolent self-defense, peace circles, peace education, prejudice reduction, and upstander intervention.

Some of them are ready to use. We will complete the series in summer 2026. You can find links to each training on [this webpage](#).

### What happens at the trainings?

You will learn some communication and conflict resolution skills, practice them with other participants using realistic scenarios, and finally, share your experiences from the practices so that everyone can learn something from each other.

Essential Peace Skills sessions will run for about 90 minutes, including a stretch break. Don't worry, you won't be listening to one person speaking the entire time. We have designed the trainings so that you do things, not just hear things.

### What's supposed to result from these trainings?

We hope you will leave your session with more knowledge about constructive communication and conflict resolution than you had before the session. Also, we hope you will hold onto a few strategies, tricks, and tips you can pull out of your back pocket when you need a positive solution to a real-life communication or conflict challenge. We might even have sparked your curiosity to go deeper into the subject later.

### Who are these trainings for?

Since we are teaching *essential* skills, these trainings are good for everyone.

However, these are introductory-level courses. If you are already skilled up on some of the subjects, choose a training subject you don't know as well or at all.

### How do I take one of these trainings?

Here's the thing. Peace Through Action is set up to equip everyday people to teach other everyday people, which is to say, our peers. There simply are not enough "subject experts" to "teach peace" and meet the obvious need in our country for more peaceful people.

So, that means the best way you can take one of these trainings is to [volunteer](#) to lead a session yourself!

An added benefit of leading a session is that you can decide who you want to get the training to, when the session fits your schedule, and where you will hold it.

If leading a session yourself is out of the question, how about asking a family member, friend, colleague, or peer to lead one? Or, find someone to pair up and lead a session together.

If you would like Peace Through Action to present this training virtually to your group, contact programs @ [peacethroughaction.org](mailto:peacethroughaction.org).

### I'm considering volunteering to lead a session. What support do you provide volunteers?

We've got you covered. For the session itself, we provide you with a script to follow, a PowerPoint presentation if you want to show it, and any materials participants will complete. Our resources are downloadable for printing, viewing on a device, or, in the case of forms, completing online or in print.

That's not all.

We have an activity delivery guide and worksheet to help you plan and prepare your session.

For each training, we have sample messages and customizable graphics files to help you promote your session. Also, each module includes a brief video for leaders to go through the training content. This is just an extra resource for volunteers wanting to get everything just right.

We will hop on a chat or call to provide one-to-one support. Simply ask us by email to volunteering @ [peacethroughaction.org](mailto:peacethroughaction.org).

### I want to review the training resources before I decide to lead a session. Where can I find them?

Each Essential Peace Skills training has a webpage. The page includes the resources that participants will use during their session. That's a good place for you to start.

We reserve some of the training's activity leader resources on a password-protected webpage. To see those, go ahead and complete this [volunteer interest form](#). We will give you access to the resources reserved for activity leaders. It's okay if you decide not to volunteer after reviewing them.

### I want to lead a training. How might I bring it to my community?

Since Essential Peace Skills trainings are a group activity, start with groups you're already part of. For example, your workplace may provide in-service training to its employees. You could ask the training coordinator whether they might add your session to their training plan. If you belong to a faith congregation or civic group, they often have periods set aside for group learning. Ask them if you can offer your session.

Another way to get your session into your community would be to contact your public library, adult education provider (often a community college), or a private community or religious organization and ask whether they would host and promote your session as one of their offerings.

### Okay, I'm in. How do I sign up to lead a training?

First, go to the [peace skills activity leader volunteer page](#) to make sure you know what activity leaders do and our expectations of them.

Then, complete this [volunteer interest form](#). We accept applications continuously.

A member of our team will contact you to take the next steps together.

### I'm not ready to lead a training. I know someone who might. What should I do?

First, encourage them to do it! There's nothing like being asked.

Second, send them to [this webpage](#). They can read the information and decide whether to volunteer.

Check in with them, not to hassle, but to continue to encourage them.

### Leading an Essential Peace Skills training isn't for me. What else can I do to increase peace in my relationships and communities?

Please visit our [Do Something for Peace](#) webpage and choose another of our actions.

### Resources

[Peace Accelerators Program webpage](#)

[Essential Peace Skills Trainings Information Sheet \(PDF\)](#)

[De-Escalation training webpage](#)

[Upstander Intervention training webpage](#)

[Peace Skills Activity Leader volunteer webpage](#)

[Volunteer Interest Form](#)

[Activity Leader Resources webpage](#) (password-protected)

**Peace Through Action® USA** inspires and equips everyday people to increase safety, belonging, and peace in their relationships and communities by cultivating their compassion and increasing their constructive communication and conflict resolution skills. Join us in doing something for peace through our [website](#), [email](#), and [social media](#). We request your [gift of money](#) at your choice of amount to support our mission work.