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ESSENTIAL PEACE SKILLS TRAININGS

What are Essential Peace Skills Trainings?

[Essential Peace Skills Trainings](#) are intensive learning experiences that teach core communication and conflict resolution skills. People can apply these skills to many challenges in everyday life – at home, at work, and in community settings. If we don't acquire these skills, then we miss opportunities to use them when they matter most.

What topics do the trainings cover?

The full series includes nine subjects:

- Compassion
- Constructive communication
- De-escalation
- Group dialogue
- Nonviolent self-defense
- Peace circles
- Peace education
- Prejudice reduction
- Upstander intervention.

Some of the trainings are ready to use now. We will release more throughout 2026. You can find links to each training on [this webpage](#).

What happens during a training session?

Each go-minute session invites you to:

- Learn core communication and conflict resolution skills.
- Practice them with peers through realistic scenarios.
- Reflect as a group so everyone benefits from shared insight.

These sessions keep you active. You will be participating, problem-solving, and applying the content rather than sitting through long lectures.

What results can I gain from the training?

We hope you will leave your session with:

- A clearer understanding of constructive communication.
- Practical techniques you can use right away.
- A sense of confidence in navigating difficult interactions.
- Curiosity to explore the topic more deeply.

Who are these trainings for?

Anyone who wants stronger, more peaceful relationships can benefit. The series introduces a range of essential skills. So, you can choose modules that support areas you want to strengthen or explore.

How do I take a training?

Peace Through Action equips everyday people to share peace skills with their peers. Because many communities lack enough peace skills teachers, the most direct way to take a training is to lead one yourself as a [volunteer](#).

Leading a session gives you full control over:

- Who participates.
- When you meet.
- Where the session takes place.

If leading alone feels overwhelming, you can:

- Invite a friend, colleague, or neighbor to lead.
- Co-lead a session together.
- Ask Peace Through Action to deliver a virtual session for your group by email to [programs @ peacethroughaction.org](mailto:programs@peacethroughaction.org).

I'm considering volunteering to lead a session. What support do volunteer leaders receive?

We provide everything you need to feel confident and prepared. Leaders receive:

- A clear script
- A PowerPoint presentation (optional to use)
- Digital and printable participant materials
- An activity delivery guide
- A planning worksheet
- Sample promotional messages and customizable graphics
- A brief overview video for extra preparation
- One-on-one support.

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 bring 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. Many groups welcome skill-building opportunities that support healthy communication and community belonging.

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

1. Visit the Peace Skills Activity Leader [webpage](#) to make sure you know what activity leaders do and our expectations of them.
2. Complete the [volunteer interest form](#) (We accept applications continuously).
3. A member of our team will contact you to take the next steps together.

I'm not ready to lead a training. What if I know someone else who would make a great session leader?

1. Encourage them to do it! There's nothing like being asked.
2. Send them to [this webpage](#). They can read the information and decide whether to volunteer.
3. 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](#)

[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.