



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

PRACTICAL PEACE SOLUTIONS SESSIONS

What are Practical Peace Solutions Sessions?

[Practical Peace Solutions Sessions](#) are brief workshops that show people how to apply constructive communication and conflict resolution skills in real-life situations. Each session focuses on everyday challenges and provides tools that help people respond to conflict more thoughtfully and effectively.

What do these sessions cover?

The Practical Peace Solutions Sessions series helps everyday people prevent and prepare to solve miscommunications and conflicts that occur as part of daily living. Misunderstandings and disputes happen to everyone. This series aims to strengthen how we handle them. And let's face it, we all could improve.

Our library of sessions covers a wide range of situations, such as:

- Neighbors debating property boundaries.
- Parents negotiating chores with their children.
- Co-workers frustrated about shared spaces.

We release new modules throughout the year. Each one appears on the Practical Solutions [webpage](#) and on our social media channels when it becomes available. Follow our socials or check our website to see what we've added.

What happens during a session?

Each 30-minute session includes:

- A brief introduction to a communication or conflict resolution technique.
- Small-group practice using a structured role-play or scenario.
- A full group debrief to compare approaches.
- A closing moment where the activity leader shares Peace Through Action's recommended solution.

The session format keeps everyone learning actively and applying skills right away.

What results do participants gain?

We hope you will leave your session with:

- A practical strategy you can use immediately.
- A clearer sense of how to navigate common conflicts.
- More confidence in your ability to handle real-life challenges.

These skills work well in everyday life, making them easy to remember and apply when you need them most.

Who are these sessions for?

Anyone who navigates everyday interpersonal challenges can benefit—parents, neighbors, co-workers, volunteers, students, and more. The sessions welcome everyday people who want quick, practical tools they can use right away.

How do I participate in one of these sessions?

Peace Through Action equips everyday people to teach each other. Low-level conflicts often don't require professional intervention. Simple tools and guidance can make all the difference.

The most direct way to take a session is to [volunteer](#) to lead one yourself.

Leading allows you to choose:

- Your audience
- The schedule
- The location.

If leading alone feels too big, you can:

- Ask a friend, colleague, or neighbor to lead.
- Co-lead with someone you trust.

If you would like Peace Through Action to present a session to your group online, contact programs @ peacethroughaction.org.

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

We provide everything you need to lead with confidence:

- A clear script
- An optional PowerPoint presentation
- Optional printable participant materials.

You can run a great session with or without the presentation or handouts - these extra materials simply support leaders who want additional structure.

Leaders also receive:

- An activity delivery guide
- A planning worksheet
- Sample promotional messages
- Customizable social graphics
- One-on-one support.

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

Session resources are posted on [this webpage](#).

We reserve the display version of the PowerPoint presentation and a few other resources for activity leaders on a password-protected webpage. We will give you access to that page after you have signed up to volunteer.

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

Start with groups you're already part of. For example, your workplace may provide or permit brief "lunch and learn" sessions. You could ask the HR director whether you can present your session. If you belong to a faith congregation, civic group, or social support group, they often look to their own people to make brief presentations. Ask if you can offer your session. You could do it as an activity with a group of friends or students.

Another way to bring your session to your community would be to contact your public library, adult education provider (often a community college), or private or religious community organization with social purposes and ask whether they would host and promote your session as one of their offerings. Many groups welcome skill-building opportunities that support communication and community well-being.

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

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 a Practical Peace Solutions Sessions workshop isn't for me. What else can I do to increase peace in my relationships and communities?

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

Sessions Resources

Posted on [this webpage](#).

Activity Resources

[Peace Accelerators Program 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.