Before we make peace between others, we must first make peace with ourselves

Facilitator: Shai Tamari | tamari@unc.edu

This *in-person* course is meant for future peacemakers and peacebuilders who aim to make a difference in and with their immediate and wider environments: friends, romantic partners, family members, work colleagues, and one’s community.

Most sessions will be conducted by “sitting in circle” and in small groups. We will learn about and practice communication-intensive circles, build High-Quality Listening skills, discover our relationship with apology and forgiveness, and learn how to better understand our own needs and the needs of others.