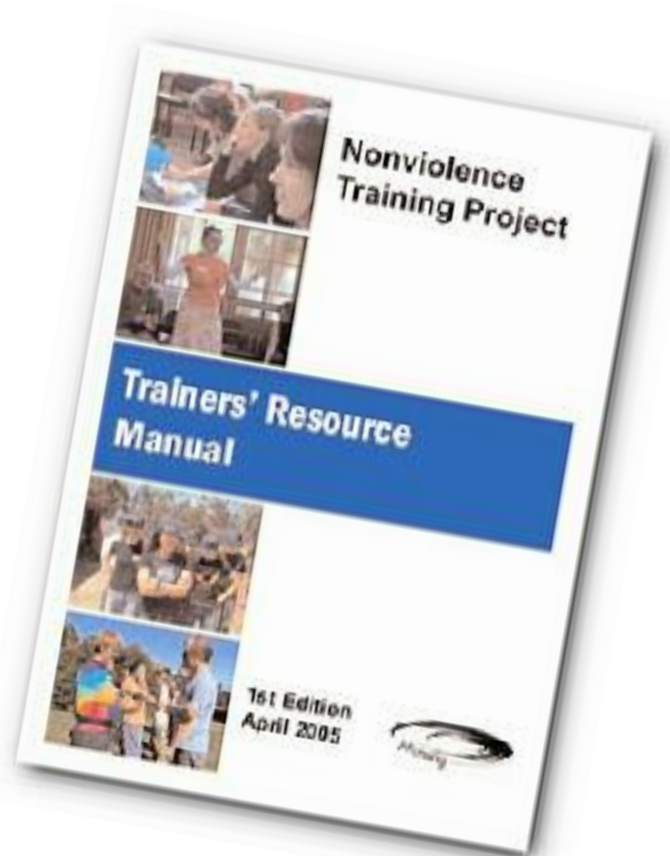


**If the rich and powerful wanted the rest of us to know how to win without violence, this would be a high school text book.**



***People power, political defiance, civil disobedience, positive action.*** These are just a few of the words that have been used to describe the methods used by ordinary people to challenge injustice and win basic rights — without violence.

Whether used by a community resisting a toxic waste dump or by an entire country to overthrow a military dictator, the methods of nonviolent action have proved powerful tools in the hands of ordinary people. But while strikes, boycotts, sit-ins, marches, occupations and blockades are techniques which are accessible to all, opportunities to learn about how to use these methods effectively are few and far between.

The Nonviolence Training Project *Trainers' Resource Manual* draws on decades of experience in training for social change to offer a comprehensive reference for people who want to facilitate change through activist education.

Packed with case studies, agendas, exercises and games, this 218-page manual is an essential resource for trainers, campaigners, organisers and community workers who want to design and deliver empowering workshops in the tradition of nonviolent social change. Here's a taste of some the content:

*Nonviolence training: a brief history - Empowered learning - Training skills overview  
Defining nonviolence - Power & conflict - Learning from other movements  
Strategic frameworks - Nonviolence and communication - Working in groups - Preparing for nonviolent action*

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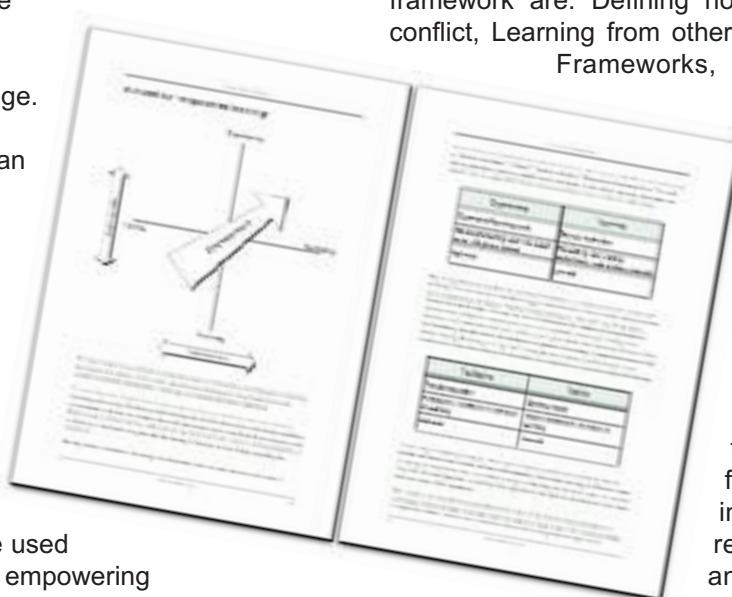
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The Trainers' Resource Manual offers a collection of training tools that can be used to assemble workshops to match the individual needs and experience of groups working for social change.

Chapter 1 begins with an historical overview of nonviolence training. We then explore some of the ideas about learning that have influenced the methodology of nonviolence trainers and provide an introduction to some of tools and procedures that can be used to deliver inspiring and empowering workshops. We have also included sample agendas for workshops of varying lengths, which can be used 'as is' or adapted as needed.

The organisation of the manual comes from a framework for nonviolence training that was developed by members of the Nonviolence Training



Project Working Group prior to the Nonviolence Skillshare for Trainers. The content areas within this framework are: Defining nonviolence, Power and conflict, Learning from other movements, Strategic Frameworks, Nonviolence and communication, Working in groups and Preparing for nonviolent action.

More than 50 training tools have been collected and categorised according to the framework. Each of the following chapters features a brief introduction to the relevant content area and outlines potential uses of the tools in each category.

Finally, in the appendices to the manual, you will find a collection of games that can be used in training to build trust, break the ice or focus the group, plus a collection of campaign case studies.

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