

Parachutes' Four Days of Training with Seeds for Change

15th - 18th October 2010



Consensus Decision Making: One-Day Workshop

Do you need: Effective and empowering consensus; To work together more consciously, support and empower each other; To put radical democratic principles into action; To create the foundations for lasting social change? *Help your group become more inclusive, make consensual decisions and implement them, and have more fun. This course could be for you.*

Building Strong Groups: Half-Day Workshop

This participatory workshop will give you the chance to explore some ways that you can strengthen and increase the sustainability of your group, working with: Group dynamics, Issues of power in groups, The roles we play in group, Creating non-hierarchical and co-operative structures. *Co-operative group work helps us deal with our problems, become sustainable and grow, gives us space for creativity, and is inspiring and fulfilling. Create strong and resilient community and campaign groups.*

Facilitating Meetings: Half-Day Workshop

This participatory workshop will give you the chance to develop more skills and confidence to facilitate your group's meetings, including consensus meetings, practice facilitation skills and receive supportive feedback. We'll be using facilitation tools and techniques, and dealing with some common problems that arise in meetings. *Strong and clear facilitation can help your group work together effectively, get more done and have more fun!*

How to Run a Great Workshop: One/Two-Day Workshop.

To help you develop the skills and confidence to design and facilitate engaging and participatory workshops for activist and community groups. *This could be for you, if you have skills or information you want to share, and/or you want to support people to learn from each other or share experiences.*

'Seeds for Change Network works with grassroots groups involved in Environmental and Social Justice issues to help them organise for action and positive social change. One way we do this is by providing free workshops and training. When developing a workshop or training session we work closely with the group involved to find out in which way we can best provide support.

An important area is that of working in groups and community building. We offer workshops on group organisation, decision-making and group dynamics. Conflicts between members, frustration at the lack of success, dwindling numbers, the question of where to go from here are problems every group experiences at some stage. Facilitation and support from outside can often help groups to overcome obstacles. Someone from outside can see things in a fresh way, help to facilitate group decisions and empower the group to get a project going again.'

- Seeds For Change, <http://www.seedsforchange.org.uk/vcs/train>

<http://www.seedsforchange.org.uk/coops>



Contact Information:

Péars: 085 7296088

Siân: 0863988311

Email: parachutes@riseup.net