

Peace Learning Center

CREATING SPACE FOR
CRITICAL CONVERSATIONS
RESOURCE GUIDE



Thank you!

THANK YOU FOR PARTICIPATING IN
OUR CRITICAL CONVERSATIONS
WORKSHOP. TO SIGN UP FOR FUTURE
WORKSHOPS PLEASE VISIT OUR
[WEBSITE.](#)

FOR MORE INFORMATION ON HOW TO SCHEDULE A
PRIVATE SESSION FOR YOUR GROUP OR ORGANIZATION
CONTACT: [JAY HORAN](#)





We believe everyone can be a peacemaker!

Since 1997, Peace Learning Center has reached more than 210,000 people locally and internationally. Peace Learning Center was created by a team of people that included Tim Nation, PLC's Executive Director, to reduce violence and increase kindness in our community. Peace Learning Center is a registered 501(c)3 nonprofit organization. We are located in Indianapolis' Eagle Creek Park at the former Eagle Crest Estate of J.K. Lilly II, brother of Eli Lilly. Eagle Creek Park is the fourth largest city park in the United States which is a beautiful setting for indoor or outdoor programs as well as year-round nature hikes. A partnership with the City of Indianapolis and Indy Parks and Recreation provides this incredible setting for PLC programs and administrative staff. It all started with a few people concerned about neighborhood and family violence in Indianapolis and grew to a community educational institution promoting peace-building and conflict resolution with programs replicated in eight US cities and five countries. We work directly with schools, community nonprofits, businesses, juvenile correctional facilities, and faith groups to facilitate peace education sessions. At Peace Learning Center, we believe everyone can be a peacemaker. Each of our sessions is designed to teach safe and simple ways to manage anger, solve problems, and develop appreciation for differing perspectives.

Tips for having challenging conversations:

- 1 Practice mindfulness. Remember to breathe.
- 2 Self-awareness is key. Be aware of your emotional/physical state, escalations and blind spots (potential areas for necessary growth).
- 3 Listen to understand, then speak.
- 4 First and foremost, build authentic and meaningful relationships.
- 5 Ask questions.
- 6 Lean in. It may be uncomfortable at first, but try it. Reflect and then try again!
This is and always has been ongoing work!
- 7 Frame the issue with a person's self interest in mind and work from a lense of empathy.
- 8 Use facts and narratives.

BE BRAVE ENOUGH TO START A CONVERSATION THAT MATTERS.

-Margaret Wheatley-



Learn more! Go Deeper!

Resources on Critical Conversations

ARTICLES

[Test Yourself on Hidden Bias: Teaching Tolerance](#)

[20 Judgements a Teacher Makes in 1 Minute and 28 Seconds](#)

Study: [Future Teachers are Already Biased Against Black Children](#)

[Vox Quote](#)

TEACHING TOLERANCE

[Let's Talk!](#)

[Didn't Know What to Say](#)

[Speak Up Pocket Card](#)

VIDEOS

[Implicit Bias -- how it affects us and how we push through](#) | Melanie Funchess | TEDtalk

[How to overcome our biases? Walk boldly toward them](#) | Verna Myers

[Immaculate Perception](#) | Jerry Kang | TEDtalk

[Danger of Single Story](#) | Chimanda Alichie | TEDtalk

[Where Are You Really From](#): What Kind of Asian Are You?

[Look Different](#): MTV

[Code Switch](#): NPR

PODCASTS

[Code switch](#): NPR

[Stuff You Missed in History Class](#)



Your power is your
radical self. Find it.

- Aya Chebbi -





A PROGRAM OF THE
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