

The Peacemaker's Project

Conflict Management and Emotional Intelligence

Skills Training Modules

For Building Peace in the Workplace, the World and

Within Yourself

Training Schedule for Calendar Year 2013

Getting to the Core of Conflict: Offered the second Wednesday of every month beginning January 9th, 2013, from 8:00 to 12:00 a.m. in room 126, BIA 1, 1001 Indian School Rd. NW, Albuquerque, NM 87104. Specific dates for this training include January 9th, Feb. 13th, March 13th, April 10th, May 8th, June 12th, July 10th, August 14th, September 11th, October 9th, November 13th and December 11th. This course provides 4 hours credit for diversity training.

Getting to the Core of Communication: Offered the third Wednesday of every month beginning January 16th, 2013, from 8:00 to 12:00 a.m. in room 126, BIA 1, Albuquerque, NM. Specific dates for this training include January 16th, February 20th, March 20th, April 17th, May 15th, June 19th, July 17th, August 21st, September 18th, October 16th, November 20th and December 18th. This course provides 4 hours credit for diversity training.

Mindfulness Based Stress Reduction (MBSR) and Emotional Intelligence:

This 16 hour 8 week program meets for two hours every week over the course of eight weeks. It is based on Full Catastrophe Living, the program established by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Center over thirty years ago and now practiced around the world in multiple settings. It requires that participants commit to 45 minutes of daily mindfulness practice over the course of eight weeks. Participants are provided extensive handouts and audio CDs to assist their practice. We will also use Search Inside Yourself from the groundbreaking emotional intelligence course at Google. It will be offered four times this calendar year; February 6-March 27th, April 3rd-May 22nd, June 5th-July 24th, and August 7th-September 25th.

Mindful Yoga for Stress Reduction: This one-hour course is offered on an on-going basis since September 4th, 2012. It is offered on Mondays from 2:00-3:00 for men only and on Tuesdays from 2:00 to 3:00 for women only.

Conflict Management is an aspect of Emotional Intelligence and it is trainable. Research shows that the best mind training method to build Emotional Intelligence is mindfulness.