

Building Strong Communities

		Day 1: Getting started with our Community	Day 2: The Culture of Compassion	Day 3: The Community Builder	Day 4: The Tools for building strong Communities	Day 5: The Rituals	Day 6: Steps towards Stronger Communities		
9.30 – 13.00 (with coffee break)	Arrival day	Intro & Getting to know each other	Compassion and Communities Intro to Organizational Culture	Community Builder and their Skills	Toolbox for Building Strong Communities	The power of Rituals & understanding the right rituals	Recap & Dissemination		Departure day
13.00 – 15.00		<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>		
15.00 – 19:00 (with coffee break)		What is community? Getting to know our communities Daily reflection	Practicing Compassion Exploring the Communities – case studies Daily reflection	Discovering local culture	Practicing the Tools – case studies Daily reflection	Practicing Rituals – case studies Daily reflection	Action plan for returning to my own communities & Closing Ritual Evaluation Daily reflection		