



# IMPROV as a tool for CONFLICT RESOLUTION



APPLY HERE

Dear you,

As youth workers and as human beings, we very often find ourselves in a conflict. Most of the time conflict cause pain and separation, yet with more knowledge on the topic, a conflict could be a fruitful field of exploration.

We have been studying conflict and mediation and exploring for many months how to use Improv games in combination with Nonviolent Communication in order to bring lightness in a conflict and support all sides to connect with their needs and communicate them in a way that is not harmful.

Improv is an amazing tool for conflict resolution because it supports us to express our actual feelings, even the anger, that we so often swallow.

Do you want to learn more? Join us this Autumn!



# Learning outcomes

## Basics of Nonviolent Communication

We will learn together the basics of Nonviolent communication and how to use the method in our daily life and work with young people, in order to connect better with ourselves and others.

## Conflict Resolution

We will explore the different types of conflict and what conflict is. We will learn to mediate conflict.

## Improv

We will learn games and exercises that will support us in a situation where there is a conflict "under the carpet"!



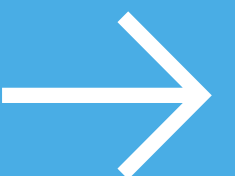
# THE TRAINERS

## JOANNA NIKOLOVA

With a background in Cultural Anthropology and Theatre, Joanna works in the field of non-formal education. She does Theatre of the Oppressed training courses and workshops. She uses theatre-based methods in her coaching practice and when working with young people from different backgrounds.

She has an Advanced level in her Nonviolent communication studies and knowledge and experience in conflict mediation.

Joanna is a co-founder of the coaching platform Environ.Mental and co-founder of ALTER Network.

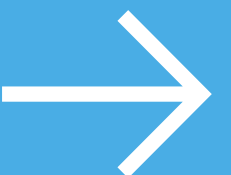


# THE TRAINERS

## GEMMA ARAGONES

Gemma is a social worker, trainer, and clown with more than 10 years of experience in working with youth, people with disabilities and within the prison system. She works with groups at risk of social exclusion using non-formal education and performing arts to foster self-learning, reflection, and empowerment.

Co-founder of Alter Network and working as a circus trainer and clown at the moment.





**PLACE: ZOOM,  
ONLINE**



**WEDNESDAYS  
DECEMBER 1, 8, 15, 22, 29**



**TIME  
18:30 CET**

AFTER YOU FILL THE APPLICATION FORM, YOU  
WILL RECEIVE AN EMAIL WITH PRACTICAL  
INFORMATION (BANK ACCOUNT FOR TRANSFER,  
ZOOM LINK, WHATSAPP GROUP)

# Participation fee

60 EUR  
FOR 5 SESSIONS

APPLY  
HERE





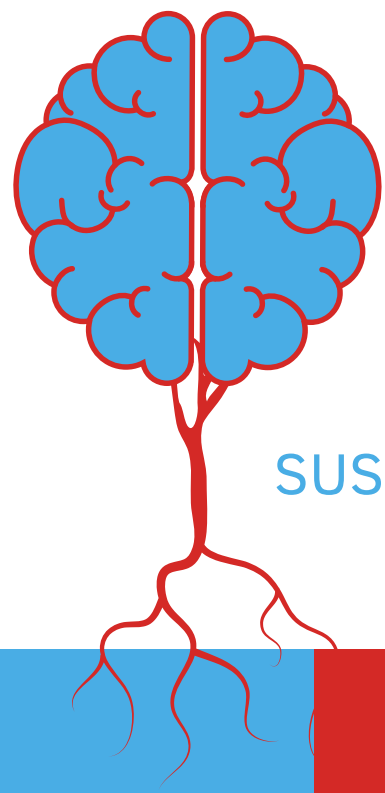
**ALTER NETWORK**

# We are

ALTER Network is a Bulgarian non-governmental organization that provides educational opportunities for young people from all over Europe. Our mission is to promote free expression and personal development by using theatre-based methodologies and embodied learning. We deeply believe that each person has the right to express their creative force and to exist in the world as they are. We work on topics like sex education, soft skills, communication and equality. Our team is from Bulgaria, Italy and Spain and our dream is to reach people from different parts of EU.

More about us [here](#).





SUSTAINABILITY



CREATIVITY



FREEDOM OF EXPRESSION AND  
CRITICAL THINKING FOR A  
PEACEFUL AND CREATIVE  
WORLD!

# Our core values



KNOWLEDGE

LEARNING OPPORTUNITIES FOR YOUNG  
PEOPLE BY THEATRE-BASED  
METHODOLOGIES FOR NON-FORMAL  
EDUCATION!

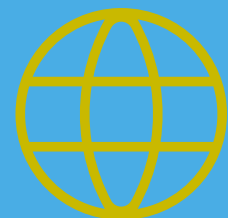






**ALTER NETWORK**

**Thank you!**



For more information:

[alternetworkoffice@gmail.com](mailto:alternetworkoffice@gmail.com)