

BREAKING THE CYCLE OF VIOLENCE



Co-funded by the Rights, Equality
and Citizenship (REC) Programme
of the European Union



MINISTRY FOR JUSTICE,
EQUALITY AND GOVERNANCE

FIRST SESSION

- 5.00 - 5.15 Introductions - Ice breaker
- 5.15 - 5.45 Brainstorming Expectations and Beliefs
- 5.45 - 6.00 Discussion Rules and logistics of group
- 6.00 - 6.30 Break
- 6.30 - 6.45 Exercise - Labels
- 6.45 -7.15 Exercise
- 7.15 -7.30 Closure

ICE BREAKER - GETTING TO KNOW EACH OTHER

Each participant chooses a question from a selectively prepared choice of questions and answers in group.

Rationale:

To break the ice between participants

For team members to get to know each other's likes, dislikes, fears, beliefs, expectations, dreams

EXPECTATIONS, BELIEFS AND GROUP RULES

- Brainstorming on expectations and beliefs on the programme.
- Setting rules for the group discussing topics about confidentiality, respect, punctuality, etc.
- Rationale

To explore their understanding on the sessions,

To deconstruct any misconceptions, clarify and give information

To gain trust - team building

LABELS - ACTIVITY

Activity:

Each participant lists 3 things that she likes and dislikes about self.

Rationale:

Create more awareness on self

Discuss the Meaning of labels and behaviours

Discuss similarities and differences

TERMINATION OF SESSION

- Self disclosure - sharing something positive that has helped in session
- Mindfulness

Rationale :

- Winding down of session
- Helping them to focus in here and now
- introducing stillness and silence.