

Session 18

Today, **Dr. Maya Soetoro-Ng** spoke about peacebuilding as an essential part of leadership and encouraged us to think about peace as more than simply the absence of war or conflict. She discussed the difference between negative peace and positive peace, emphasizing that lasting peace requires justice, human rights, safety, education, environmental health, and strong communities. Maya encouraged us to activate our "solutionary selves" by thinking about what we can bring into the spaces around us to make them more peaceful, whether that is through our work, relationships, communities, or everyday actions. She emphasized that peacebuilding begins with personal peace and that, as service-oriented leaders, we have to care for ourselves in order to build resilient leadership. This includes creating peaceful environments, nurturing relationships with people who bring us energy and joy, recognizing habits that disturb our peace, and finding ways to calm both our minds and bodies. The discussion also explored conflict transformation and the importance of not always viewing conflict as something negative or something that must simply be resolved. Instead, conflict can be an opportunity to recognize where change, justice, and attention are needed. Maya introduced the four steps of Nonviolent Communication: observation, feelings, needs, and requests, which encourage careful listening, expressing emotions without judgment, identifying our universal needs, and making clear and concrete requests. Maya encouraged us to recognize the strength, wisdom, and beauty within our communities while using our own skills, experiences, and relationships to create more compassionate, just, healthy, and peaceful spaces.

To-Do's before next session

- (Optional) Send in any poems you may have written in today's session you'd like to share to Dr. Soetoro **Send** to Hannah@cpfuture.org

Action Opportunities

- Check out the Calendar [Action Calendar](#)
- Don't forget to log your action [log action form](#)

Missed this session?

- Watch the session recording first
 - Email your state crew lead to schedule a meeting to make up your session!

◆ Recording of this session ◆

- [Click Here for ZOOM Link](#)

PASSWORD: QY5#vFTK

Check out our instagram: [@actionacademycp](#)

Check out our Tiktok: [@actionacademy](#)

