



*"Our students shared what they had gained from their LivingSide-bySide® workshops and at Legacy's Global Youth Village... Social equity and inclusivity are essential elements of our society and learning this was truly meaningful".*

Joan Foster

Former Mayor of Lynchburg, Virginia  
Director of Development for 'Beacon of Hope'  
Lynchburg Schools

## Helping People to Live Side by Side *This is what we do!*

Profound changes are happening globally. Mass migrations, environmental changes, urbanization of diverse communities have created new demographic, cultural, religious, racial, and economic challenges. As a result, more incidences of inter-community discord, violence and bias has emerged fostering racism, bigotry, prejudice and nationalism.

## How it Works

LivingSidebySide®(LSBS) is a values-based, transformative approach to overcome prejudice and bias, promote social cohesion, and leadership. It is an effective evidence-based tool for teachers, youth workers, and students that catalyzes the classroom or after school setting into environments of mutual respect and equity.

Developed over 40 years, LSBS has been evaluated by the **Stockholm International Peace Research Institute**.

One to six day trainings include:

- Training of Trainers
- Interactive modules for youths
- On-going support for teachers/youth workers
- Continuing education credits or recertification points

Complete program focuses on social and emotional learning, dynamic skill building, and civic action—an inner process to outer action!

**LSBS is proven to increase the capacity for:**

**Leadership**

**Confidence**

**Initiative**

**Engagement**

**Trust**

**Optimism**

**Civility**

**Respect**



*"I have thoroughly reviewed and used the LivingSidebySide® curriculum. It is so comprehensive and exactly what teachers need to build respectful and effective communication with their students and parents!"*

Mary Riser

former Principal, James River Day School,  
30 years in Education



Our Mission: to equip emerging leaders to transform their values and vision into sustainable success. Since 1979, Legacy has trained and mentored teachers, entrepreneurs, community leaders, youths, and government administrators benefitting 700,000 people in 112 countries.

Legacy International is a 501(c)3 and is affiliated with the United Nations through its ECOSOC special consultative status. EIN #51-0249070



For information about how to bring this training to your institution, contact:

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**Program Author:** Shanti Thompson, Vice President/Training has three+ decades experience creating and implementing training programs in leadership, pluralism, conflict prevention and resolution, diversity and civic education. Ms. Thompson has published three training curricula and has directed projects in the U.S, the Middle East, Southeast Asia, and Eastern Europe.



**LivingSidebySide®**

## Dynamic Professional Development Training for Teachers and Youth Workers



- **value diversity**
- **communicate effectively**
- **engage in constructive dialogue**
- **resolve conflicts peacefully**
- **embrace personal challenges**
- **take civic action**

# LivingSidebySide® One-Day Training Workshops For Teachers and Youth Workers

## WORKSHOP #1

### Relationship Building Blocks

Workshop #1 examines how self-awareness and empathy -- the ability to understand the experience and perspective of others -- are fundamental to positive relationships. You will gain insight into the effects of personal identity, values, cultural competency, and communication style on daily interactions. Specific methods



- ease tension among diverse groups
- increase self-confidence and trust
- promote respectful relationships

The training is a highly interactive exploration of social and emotional skills with group discussions, reflection, role-playing, and collaborative work.

## WORKSHOP #2

### Face to Face Communication

Effective face-to-face communication requires a different set of skills from on-line interaction. Yet the soft skills supporting positive in-person communication are rarely taught in a clear, comprehensive way. This training provides a set of methods that promote awareness and skill development concerning

- insight into how one's words, thoughts, and body language can affect others, and
- how to reduce tensions and increase productive interactions.

*LivingSideBySide® creates new neural pathways in the brain that, with practice, can transform teaching and learning.<sup>1</sup>*

## WORKSHOP #3

### Everyday Conflict Prevention and Resolution

Creating a peaceable environment starts with basic understandings of the mechanics of conflict. This training introduces you to:

- the elements of conflict
- what makes conflicts escalate or de-escalate
- how to find and affirm common values, needs
- techniques for hearing what is being said
- understanding conflict response styles, and
- how and when to use these new tools with youths and among colleagues.



## WORKSHOP #4

### Organizing youth-led Community Service

This training equips you with background philosophies and a practical outline of tasks for engaging youths in adult-organized or youth-led community service. Included are project frameworks and scripted planning activities to do with youths, youth worksheets, and post-action evaluation tools to complete the learning experience.



# Dialogue for Social Cohesion at the University level

Dialogue and debate each have a distinct role in social discourse. Debate can test reasoning, persuasiveness, and strength. Dialogue, even among people who disagree, can spark creativity, strengthen relationships, increase collaboration, and remove seemingly intractable roadblocks.

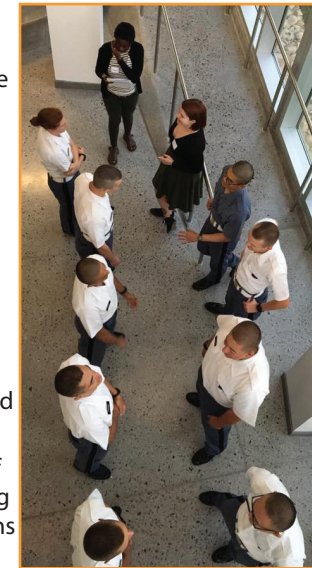
Acquiring the skills, attitudes, and approaches to dialogue about controversial issues -- and to lead others in dialogue -- is easily within reach. **Dialogue for Social Cohesion** offers certificate training to master the basics, and equips university students with the practical know-how and techniques to:

- increase a sense of community among diverse populations
- convene and lead constructive dialogue, and
- navigate private and public discussion of difficult issues.

This 9 hour workshop includes:

- training in facilitation,
- a manual of sample methods and activities, and
- tools for dealing with various discussion topics and situations.

Legacy developed its methods with diverse populations in the US and on five continents, ranging from the Virginia Tech Corps of Cadets and Catholic Archdiocese of New York City, to Palestinians and Israelis, and South Africans.



Virginia Tech Corps of Cadets

*Additional in-depth skill building  
is available for longer trainings.*

# Trauma-informed Schools

A growing problem in schools across the U.S. is the increased need to manage children who are disruptive, argumentative, non-cooperative, aggressive, and even violent. Millions are being spent on equipment to make schools structurally safe. Too little focus is given to increasing the capacity of teachers and staff to help those children who have been victims of trauma and/or who suffer from mental illness.

As part of its services to schools, Legacy International is partnering with a trauma specialist to provide professional development on using a “**trauma-informed schools approach.**” When added to a standard **LivingSidebySide®(LSBS)** training package, this additional training boosts the ability of school administrators, teachers, and auxiliary staff to manage difficult behavior and create an inclusive school culture.

A trauma-informed approach provides concrete tools which can dramatically decrease of suspensions and expulsions, and create safer schools.

- Half-day and full-day trainings in-service trainings on how to manage defiant and trauma-based behavior by establishing a trauma-informed environment.
- Regional or statewide meetings, for stakeholders from various institutions to share interests and ideas.

*Jon Winder, Licensed Professional Counselor,*



*Author, and Consultant* has supervised in-home and in-school counseling programs for over 25 years. He offers training on trauma and trauma-Informed schools throughout southeastern U.S. He is the author of *Getting Unstuck: Practical*

*Guidance for Counselors: What to Do When You Don't Know What to Do.*

<sup>1</sup> See Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40, 998-1009. (<http://onlinelibrary.wiley.com/doi/10.1002/ejsp.674/abstract>)