



## **"Talk to the Hand" Conflict Resolution Workshop**

This workshop has been collaboratively developed over the last 25 years with board-certified dance therapist Dr. Charné Furcron, Moving in the Spirit co-founders Leah Mann and Dana Lupton, and numerous alums. Talk to the Hand workshop is highly interactive, fun and educates participants on the communication process, which is nonverbal as well as verbal. Behavior expresses meaning, sometimes more clearly than words. In order to communicate effectively, you need to pay attention to nonverbals and tone of voice. According to a University of Pennsylvania study, most communication is non-verbal. 70% of communication is through body language, 23% is through tone of voice, and 7% of what we communicate is through words. It is more often more important how you say something than what you say.

### **Objectives:**

Using kinesthetic movement, interactive discussions, and drawing from their own experiences, the workshop participants will:

- Discuss how youth participants can learn communication skills for constructively expressing their concerns and problem-solving skills for dealing with conflict
- Examine how youth participants can positively view conflict with a unique opportunity to grow, change and communicate
- Increase the youth participants' awareness of, understanding the role that nonverbal communication plays in conflict resolution
- Understand their preferred conflict style and how this influences your communication and interactions
- Learn some of the early signs of conflict and discover some ways to prevent the destructive behaviors
- Leave with practical conflict resolution strategies that can be utilized in multiple settings.

### **Workshop Outline:**

- Participants will begin with the workshop with the name game in a circle.
- Shared Agreements/Expectations - Introduce the basic Shared Agreements, lead a discussion about shared agreements, confidentiality, and safety, and ask participants to add additional agreements if necessary.
- After the shared agreements discussion, activities that explore nonverbal communication will follow. The youth participants will have the opportunity to experience practical do's and don'ts related to body language (eyes, hands, posture, facial expressions, and voice tone). In regard to these behaviors, cultural values should be considered.
- Reflection - Participants discuss their experience and connect it to their own lives through discussion.

- The workshop will conclude with an affirmation that participants will share with each other.

**Resources:**

The Art of Communication - <http://www.marquette.edu/hr/documents/the-art-of-communication.pdf>

Nonverbal Communication and Body Language - <https://www.helpguide.org/articles/relationships-communication/nonverbal-communication.htm/>

Alison. (2017, August 09). Why Inclusivity Requires Shared Agreements. Retrieved September 02, 2020, from <http://designingforinclusion.com/2017/08/09/why-shared-agreements-should-be-part-of-your-toolbox/>