

# HOW TO WAGE PEACE & PROMOTE JUSTICE

**PEACE LEADERSHIP SKILLS  
ARE LIFE SKILLS** **STRENGTHENING  
THE SKILLS OF CITIZENSHIP**

## HUMANITY NEEDS YOU To JOIN THE OTHER 1 PERCENT



Less than one percent of the American population was actively involved in the women's and civil rights movements. Less than one percent of the global population was actively involved in movements that created a worldwide paradigm shift in human thinking, such as the movement to abolish state-sanctioned slavery.

But that one percent must be well-trained. They must be strategic and creative. Just as soldiers are given excellent training in waging war, citizens must be given excellent training in waging peace. Creating positive change in the world today is an extreme underdog struggle, so learning waging peace skills is more important than ever before.

Opinion without action makes no impact, and positive change does not happen by itself. We must make it happen. Humanity needs you to join the other 1 percent. Focusing on Peace Leadership—the form of leadership practiced by Gandhi and Martin Luther King Jr.—this two-day course for educators, students, activists, and concerned citizens will give you nonviolence training and practical life skills to wage peace in your personal life, your community, and around the world.

Paul K. Chappell is a West Point graduate, Iraq War veteran, former army captain, and NAPF Peace Leadership Director. Part-African American, part Asian, and part Caucasian, Chappell grew up in a violent household and brings new insights to the issues of rage, trauma, war, and peace. He is the author of the seven book *Road to Peace* series and teaches a graduate level course on Peace Leadership at the University of San Diego. An international speaker, he has appeared on Book TV and The Tavis Smiley Show. To schedule a training, email Paul K. Chappell at [pchappell@napf.org](mailto:pchappell@napf.org)

To learn more about the NAPF Peace Leadership Program, visit [www.beapeaceleader.org](http://www.beapeaceleader.org)



### SESSION ONE

#### The Foundation & Skills of Peace Leadership:

- The paradox of leadership & how leadership is service
- How to maximize respect as a foundation of moral authority
- How most disrespect comes from misunderstanding
- The 3 methods of conveying respect
- Understand the anatomy of aggression
- How calmness & empathy can deescalate warning aggression
- How to calm people down



### SESSION TWO

#### Conflict Resolution in a Workplace or Social Movement:

- Learn military leadership principles such as: "If you ignore it, you condone it" & "crooked finger"
- Understand why people are afraid of conflict & how to see conflict as an opportunity
- How psychological wounds and trauma create bullying & festering conflict
- How a violent upbringing can create behavioral problems



### SESSION THREE

#### How to Combat Deception:

- The secrets of how propaganda works (the 6 types of dehumanization)
- Learn the 3 techniques of rehumanization
- How deflection is a form of defense
- The 3 forms of deflection – social norms, laws, & outsmarting violence
- How to dismantle myths of the war machine
- How to confront injustice



### SESSION FOUR

#### How to Be Persuasive:

- How to go beyond preaching to the choir
- How to dialogue & not alienate people with opposing viewpoints
- How to tie a new idea to an existing worldview
- How to frame a talk, action, or protest around hope (the importance of perspective, respect, & empathy)
- Learn the 4 strategies of waging peace
- How to find common ground



### SESSION FIVE

#### Learn the History of Waging Peace:

- The origin and history of waging peace & strategic organized nonviolence
- The impact of Gandhi and Martin Luther King, Jr.
- Why waging peace is more effective than violence from a strategic point of view
- 3 strategic questions that show the ineffectiveness of violence
- Why Gandhi & King referred to nonviolence as a weapon



### SESSION SIX

#### The Tactics and Strategies of Effective Action:

- Difference between tactics, strategy, & grand strategy
- 3 forms of democratic pressure that lead to positive change
- How to develop a strategically sound tactic
- How to avoid pitfalls that can alienate people
- How appearances can help or hurt a movement
- How to create transcendence in a movement
- The importance of purpose & meaning