

Generative Conflict Course Comparison

	Self-Paced	Cohort
Taught by a conflict specialist with 15 years' adult education experience	✓	✓
Intro to basic frameworks, principles, and theories of GC	✓	✓
Practical tools, for both leadership capacity and healthy teams, that can be applied in your own context	✓	✓
Embodied practices	✓	✓
Opportunities to reflect on your own context	✓	✓
Understanding and supporting habitual reactions and how our nervous system works in conflict	✓	✓
An equity-focused look at power dynamics	✓	✓
Communication skills development	✓	✓
Understanding of what happens under the surface of a conflict	✓	✓
List of additional resources to continue your study	✓	✓
Understanding workplace culture and how it relates to conflict	✓	✓
Additional tools and content that goes deeper into the theory	✓	
Videos that you can review at any time	✓	
Learn at your own pace	✓	
Special rates and supports for leadership teams to do the course as a group	✓	
Practice skills and apply the learning with other organizational leaders		✓
A supportive community of people going through similar challenges		✓
Opportunity to ask questions about the content		✓
Group dialogue about complex topics to deepen understanding, gain insight, and integrate the learning		✓
Access to RESOURCED, a library of somatic tools and practices created by Annie Bray		✓
Roleplay and practice sessions in pairs and in the group		✓
Support from cohort members and trainer to create an action plan to integrate the learning into your workplace		✓
Interactive group sessions using a range of teaching methods		✓
A network of people to continue learning with after the cohort program		✓
Access to a wide range of different perspectives and experiences of leadership and change making		✓