

# BE THE CHANGE

CONFLICT AS CATALYST FOR  
TRANSFORMATION AND EMPOWERMENT

# BE THE CHANGE



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# ABOUT THE MOOC

## DISCOVER THE MOOC

We are happy to introduce you to this MOOC created in the framework of an Erasmus + project « **Be the Change : conflict as catalyst for transformation and empowerment** ». Our organisation was part of the partners' team that worked over the last year in bringing this project from an idea to the concrete result before your eyes.

## IS THIS MOOC FOR YOU?

Have you ever felt at a loss to support people in overcoming their conflict?

Ever wonder why some group dynamic unravel so dramatically?

Wish you could “keep your cool” in some situations?

Over the course of our work and involvement with NGOs and youth work we have asked ourselves the same questions and explore various answers.

This free-course is aimed at young workers, workcamp leaders and students, but it is open to anyone interested in conflict management. The content is in English. It is an online course designed to be followed at your own pace, with a group of people you are leading or to be tested with family or friends.

## WHAT IS THIS MOOC ABOUT?

With this MOOC we intend to share with you some of the tips and tools we gathered in order to support you in facing the various situation you might call “conflicts”.

This content is divided into 5 sequences:

- **What is conflict?:** The section where we clarify what we are talking about. In other words reflect upon the question “what is a conflict for me?”
- **Analysing conflict:** Here we take a step back from our experiences of conflicts and look at them from a different perspective intending to unravel their components.
- **Communication:** In this communication section, we will focus on what is said and expressed and how we say it and express ourselves in conflict situations.
- **Third Party Intervention:** Here you will find tips and tools to support other people in their conflict processes as a third party intervener.
- **Toolbox:** For those of you who want to explore the topic with groups you are working with. We are providing you some concrete examples of exercises you can do.

## HOW WAS THIS MOOC CREATED?

The whole Be The Change project had for main aim to develop the capacity of NGO workers in managing conflicts with the hope that it will lead to unleashing the transformative power of the conflict situations. This MOOC is one of the results of this project.

In order to do so we motivated a group of organization and teaching bodies across Europe and gathered a team of passionate people in their field of work:

- Roi and Maria with **participatory video**
- Michaelina and Chas from Coventry University and their **approach on macro level conflicts**
- Maria with here **theatrical approach** of conflict transformation.
- Laetitia for the **sociocratic approach** and **non formal education**.

They picked their brains and mixed their view on conflict transformation to transfer their combined knowledge during the trainings of the project.

The participants of these trainings, people like you, supported by Simon (our online learning passionate person), work hard into transforming their newly acquired competences into learning for others.

## **HOW DOES IT WORK?**

A MOOC (Massive Open Online Course) is open to everyone to follow and is free of charge.

This MOOC contains 5 different sequences :

- What is conflict ?
- Communication
- Analysing conflict
- Third Party Intervention
- There is also a sequence specially designed for trainers to show how you can use this content for transformative experiences with your groups.

The sequences contain videos, podcasts and interactive presentations and posters. You can explore the different sequences in the order of your choice and at your own pace but we recommend that you begin with the section "What is conflict?", which will provide you with a good overview of conflict situations on different levels.

**TO VISIT THE MOOC**

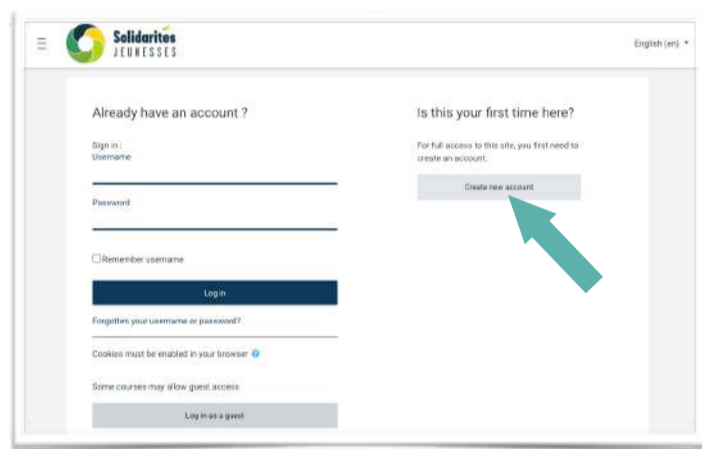
**CLICK HERE**

or visit:

[elearning.solidaritesjeunesses.org](http://elearning.solidaritesjeunesses.org)

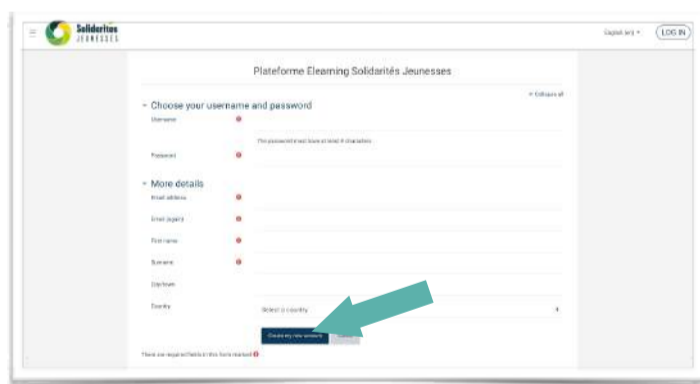
# HOW TO START TO USE THE MOOC?

1 Go to [elearning.solidaritesjeunesses.org/login](https://elearning.solidaritesjeunesses.org/login)



2 Click on "Create new account"

3 Click on "I agree with the website policy"



4 Enter your personal data and click on "Create my new account"

To begin the sequences, click on "My dashboard". You will see all of the available sequences and can then select the sequence of your choice. Inside the sequence, you can use the menu at the top to move between the different sections and then click on the titles to discover the different contents. It takes about 30 minutes to complete each sequence but you are free to follow the courses at your own pace.

We hope that you have as much fun following this course as we did making it and we look forward to hearing feedback from you!  
Now it's over to you!



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