

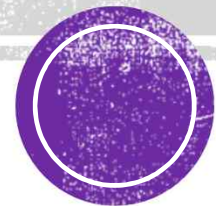
Comprehensive Peace and Compassionate Communication to Achieve our Aims

Jocelyn Wright

Mokpo National University

Saturday, 12 October 2024 @ 13:00 in GNUE room 101

KOTESOL Featured Session



Bridgebuilding



**The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference**

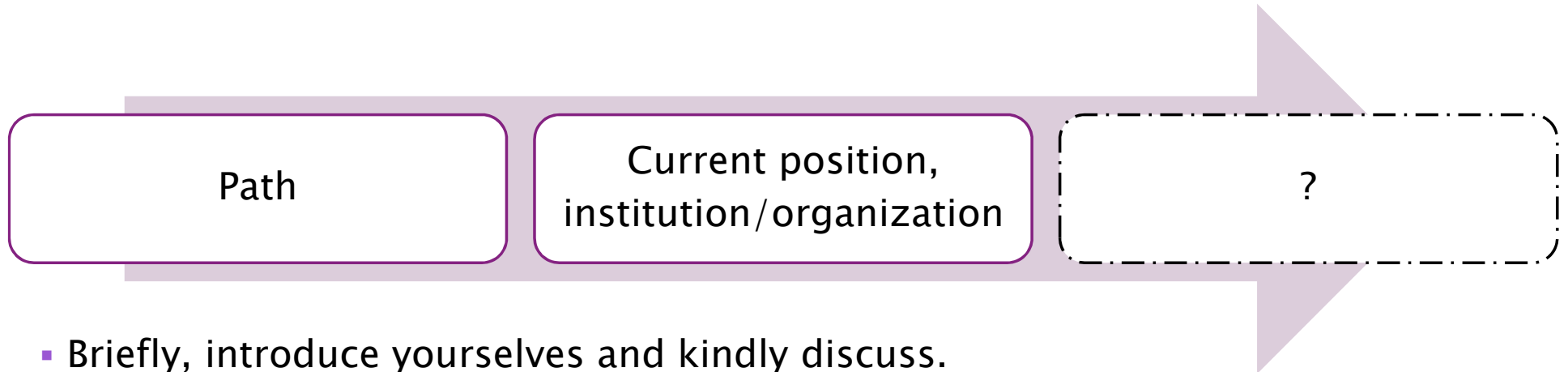
*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

**October 12-13, 2024
(Culture Day: October 11)**

**Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online**

Introductions

- Who are you and how did you end up here (i.e. in your position, institution/organization, or in the language teaching profession)?



- Briefly, introduce yourselves and kindly discuss.



Interest groups



Reflective Practice SIG Gwangju-Jeonnam



Social Justice (Critical Educators in Korea) SIG

Critical awareness

**The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference**

*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

**October 12-13, 2024
(Culture Day: October 11)**

**Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online**

Intentional directionality

- Big questions:
 1. Where are we headed?
 2. Why do we do this work?
 3. What are we hoping to contribute and build?
 - (Lederach, 2003, p. 70)
- Ultimately, what are we trying to achieve through our teaching?



Compassion



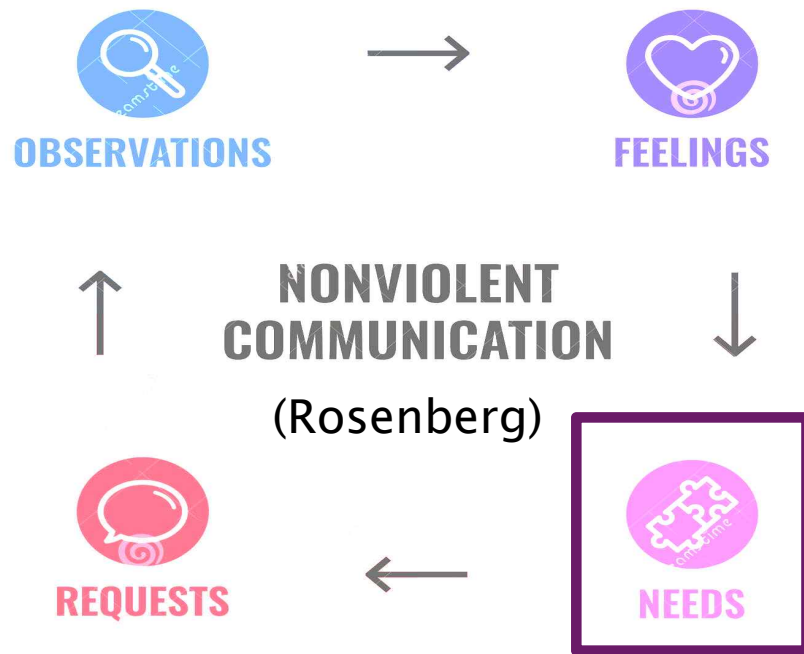
**The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference**

*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

**October 12-13, 2024
(Culture Day: October 11)**

**Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online**

Interests



Peace Linguistics

Connection



**The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference**

*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

**October 12-13, 2024
(Culture Day: October 11)**

**Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online**

Needs

- What needs are you trying/hoping to satisfy for yourself and your students?
 - We sometimes confuse strategies with needs! Try to choose needs:



1. Needs	
Teacher	Personal:
	Relational:
Students	Personal:
	Relational:

Some Basic Needs We All Have



Autonomy

- Choosing dreams/goals/values
- Choosing plans for fulfilling one's dreams, goals, values

Celebration

- Celebrating the creation of life and dreams fulfilled
- Celebrating losses: loved ones, dreams, etc. (mourning)

Integrity

- Authenticity • Creativity
- Meaning • Self-worth

Interdependence

- Acceptance • Appreciation
- Closeness • Community
- Consideration
- Contribution to the enrichment of life
- Emotional Safety • Empathy

Physical Nurturance

- Air • Food
- Movement, exercise
- Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals
- Rest • Sexual expression
- Shelter • Touch • Water

Play

- Fun • Laughter

Spiritual Communion

- Beauty • Harmony
- Inspiration • Order • Peace
- Honesty (the empowering honesty that enables us to learn from our limitations)
- Love • Reassurance
- Respect • Support
- Trust • Understanding

©CNVC. Please visit www.cnvc.org to learn more.



Peace

**The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference**

*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

**October 12-13, 2024
(Culture Day: October 11)**

**Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online**

Comprehensive peace

- Galtung:
 - Negative and positive peace
 - Direct and indirect (structural and cultural) peace
 - Multidimensional peace
- Lederach:
 - Multidimensional peace
- Image credit: Groppe

-violence

+peace



-ing

**The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference**

*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

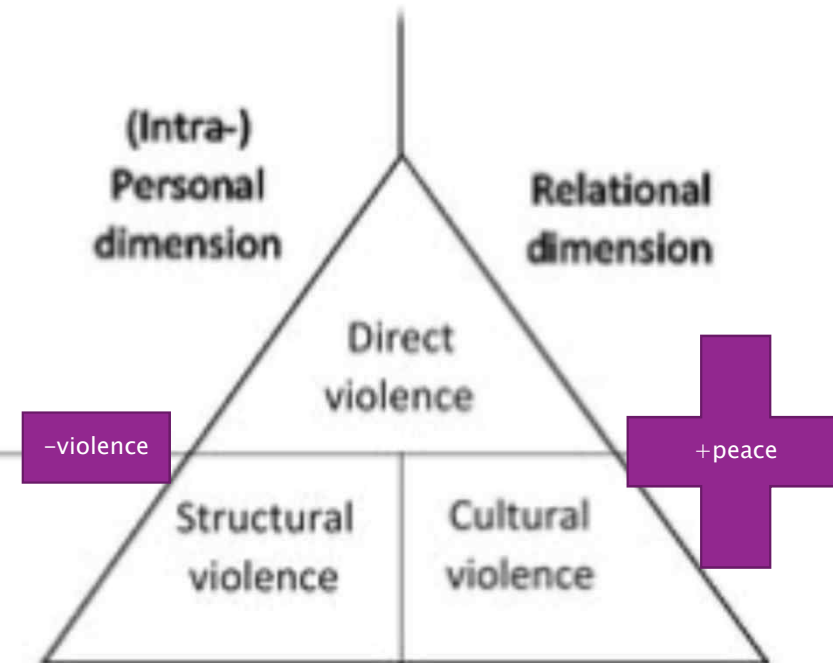
**October 12-13, 2024
(Culture Day: October 11)**

**Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online**

Action

- What positive and negative peace steps *are* you *taking* to meet the needs you outlined in each dimension? Are there any you *could* take?

	1. Needs	2. Strategic Steps
Teacher	Personal:	+
		-
	Relational:	+
		-
Students	Personal:	+
		-
	Relational:	+
		-



Self-assessment



- How do you feel about the needs and steps taken?
 - We sometimes confuse thoughts/judgements with feelings! Try to choose actual feelings:
- Did you satisfy/are you satisfying needs?
 - We sometimes confuse observations and evaluations. Try to remain neutral.

	1. Needs	2. Strategic Steps	3. Observations (Needs met: ✓ ~ ✗)
Teacher	Personal:	+	
		-	
	Relational:	+	
		-	
Students	Personal:	+	
		-	
	Relational:	+	
		-	

Some Basic Feelings We All Have



Feelings when needs are fulfilled

- Amazed
- Comfortable
- Confident
- Eager
- Energetic
- Fulfilled
- Glad
- Hopeful
- Inspired
- Intrigued
- Joyous
- Moved
- Optimistic
- Proud
- Relieved
- Stimulated
- Surprised
- Thankful
- Touched
- Trustful

Feelings when needs are not fulfilled

- Angry
- Annoyed
- Concerned
- Confused
- Disappointed
- Discouraged
- Distressed
- Embarrassed
- Frustrated
- Helpless
- Hopeless
- Impatient
- Irritated
- Lonely
- Nervous
- Overwhelmed
- Puzzled
- Reluctant
- Sad
- Uncomfortable



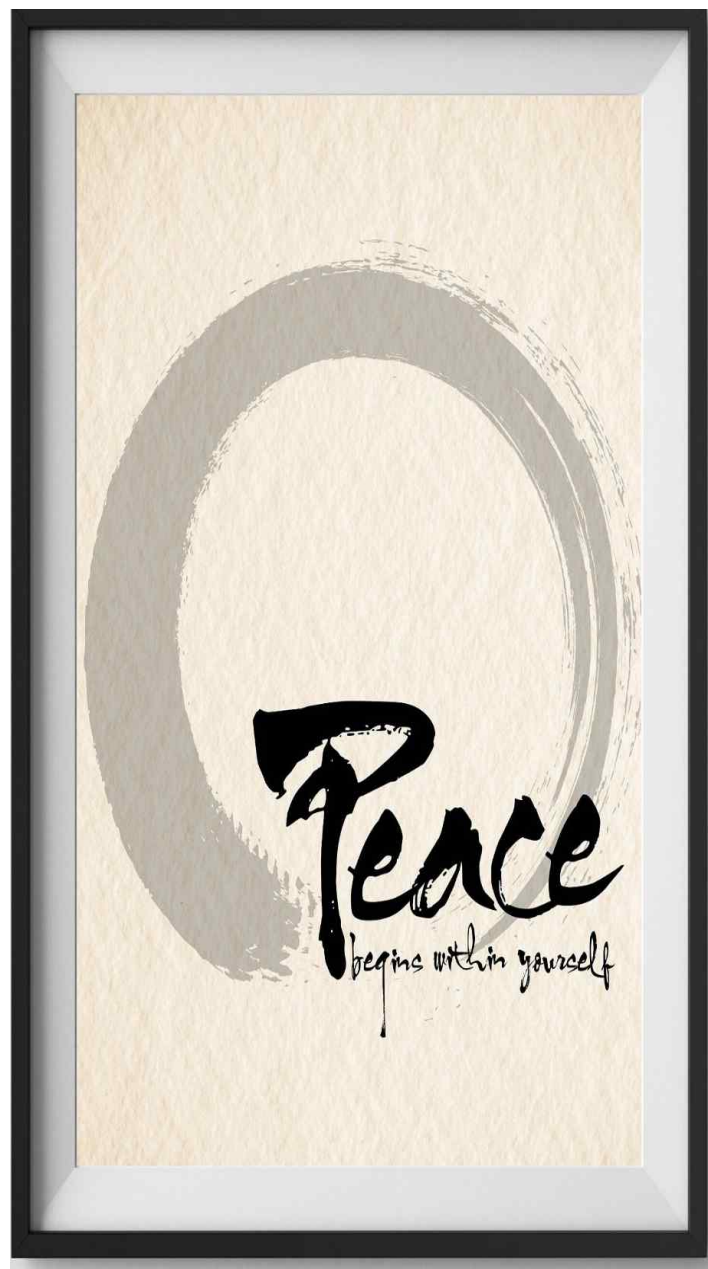
Self-compassion

The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference

*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

October 12-13, 2024
(Culture Day: October 11)

Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online



Transcending borders

The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference

*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

October 12-13, 2024
(Culture Day: October 11)

Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online

Further action



- If you could make ANY requests of yourself or others to better meet the needs you identified, what would they be?
 - We sometimes confuse demands and requests! Focus on win-win formulations.

	1. Needs	2. Strategic Steps	3. Observations (Needs met: ✓ ~ ✗)	4. Requests (Of self or others)
Teacher	Personal:	+ -		
		+ -		
	Relational:	+ -		
		+ -		
Students	Personal:	+ -		
		+ -		
	Relational:	+ -		
		+ -		



Confidence



**The 2024 ESBB International TESOL
Conference & KOTESOL National
Conference**

*Transcending Borders, Building Bridges:
Compassion, Connection, & Criticality in the 21st Century*

**October 12-13, 2024
(Culture Day: October 11)**

**Gwangju National University of Education
Gwangju Metropolitan City, Korea, & Online**

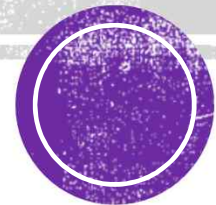
References

- Center for Nonviolent Communication (CNVC). (2015). Feelings and Needs List. PuddleDancer Press.
https://www.nonviolentcommunication.com/pdf_files/feelings_needs.pdf
- Galtung, J. (1996). *Peace by peaceful means: Peace and conflict, development and civilization*. Sage.
- Groppe, A. (2021). Peace education in polarizing conflicts over democracy: The example of 'corona protests' in Germany. In C. Dany, & A. Groppe (eds.), *Peace perspectives 1: Peace and the pandemic, International perspectives on social polarization and cohesion in times of COVID-19* (pp. 6–15). Peace Academy Rhineland–Palatinate.
- Lederach, J. P. (2003). *The little book of conflict transformation: Clear articulation of the guiding principles by a pioneer in the field*. Good Books.
- Rosenberg, M. B. (2015). *Nonviolent Communication: A language of life*, 3rd Ed. PuddleDancer Press.



Comprehensive Peace and Compassionate Communication to Achieve our Aims

Jocelyn Wright
Mokpo National University
jocelynmnu@yahoo.com



Handout



Comprehensive Peace and Compassionate Communication to Achieve our Aims

Jocelyn Wright

Saturday, 12 October 2024 @ 13:00 in GNUE room 101

	1. Needs	2.	3.	4.
Teacher	Personal: (You)	+ -		
		+ -		
	Relational: (You \leftrightarrow Ss)	+ -		
		+ -		
Students (Ss)	Personal: (Individual Ss)	+ -		
		+ -		
	Relational: (Ss \leftrightarrow Ss)	+ -		
		+ -		

Observations or insights:

- I designed this as a reflective practice tool to be used with the CNVC Feelings and Needs List. Please email me (jocelynmnu@yahoo.com) if you have any questions or suggestions for improvement.