

## KEY LIFE & WORK SKILLS FOR CAREERS TO BE PROUD OF



East Cheshire  
Quakers

*Whatever job you want in life, PEACE BUILDING skills really make a difference to your success.*

Employers value and promote people who are good at the following:

- Resolving conflicts through mediation or negotiation
- Listening to clients and members of the public to understand their needs
- Working with a wide range of different people
- Peace building – developing products, systems and relationships that are fair and sustainable

Conflicts and disputes are part of life – from how work is shared out within a team, through to tackling climate change.

“Working for peace opened up opportunities to pursue a career I believe in”  
- Betsy Barkas, Communications Developer, Turning The Tide



2014 Quaker Peaceworkers spent a year building key skills

What is important is being able to tackle conflicts calmly, positively and creatively, working with others to build solutions that work for all parties, reducing tensions and even reducing the chance of violence. Most of us don't grow up with these skills – we might feel hurt, afraid, threatened or angry when we are in a conflict and react defensively or aggressively- but good conflict resolution skills can be learned and they make a huge difference to how we go through life, and help others too.

### WHAT SORT OF JOB PATHS VALUE THESE SKILLS? - THEY ALL DO!

Education	Social work	Medicine/Health Care	Architects
Law	Politics	IT /ICT	Designers
Performing arts	Science & Maths	Engineering	Police, Fire
Media	Research	Armed forces	Office admin
Negotiation	International agencies	Manufacturing	Sales & marketing
Finance	Environment	Work with Children	Higher Education

**YOU** can develop skills in conflict resolution and peace building and apply them in your chosen career path – or you can even specialise in conflict resolution and peace building work - from working in schools or in family mediation right through to international peace building.

### HOW DO I BUILD UP MY SKILLS?

Broadly there are two main routes: Developing practical **skills** and **studying** conflict resolution and peace. Everyone needs some skills in their work, but some professionals like mediators become experts on managing conflict and building peace.

## PRACTICAL SKILLS IN CONFLICT RESOLUTION AND PEACE BUILDING

Look out for these sort of training workshops:

- Peer mediation
- Dealing with strong feelings
- Alternatives to Violence
- Skills for peaceful conflict handling

Some organisations train school students, while others tend to work with over 18s. Often an organisation can be booked to run specific training for groups from a particular school or youth organisation (who cover the funding) so if you and some friends are interested in these skills you can ask school/group leaders to consider contacting a trainer.

Some organisations below can run training here locally – whilst others can be contacted if you move to that area after school. Check out their websites:

- CRESST – Conflict Resolution education in Sheffield [www.cresst.org.uk](http://www.cresst.org.uk)
- Peacemakers, West Midlands | [www.peacemakers.org.uk](http://www.peacemakers.org.uk)
- LEAP | London | [www.leapconfrontingconflict.org.uk](http://www.leapconfrontingconflict.org.uk)
- Tim Parry & Johnathon Ball Peace Foundation, Warrington Peace Centre | [www.foundation4peace.org](http://www.foundation4peace.org)
- Alternatives to Violence Project North West | [avpbritain.org.uk](http://avpbritain.org.uk)
- Peacejam UK | [www.peacejam.org.uk](http://www.peacejam.org.uk)

**“You can’t solve problems until you understand the other side.”**

*– Jeffrey Manber, CEO of Nanotracks*

Some training carries accreditation, e.g. the Open College Network credit points that you can include in your CV. Accredited or not, this kind of training adds value when applying for jobs or courses!

## GOING FURTHER – STUDYING FOR A DEGREE

Britain is home to some of the most respected institutions for studying peace and conflict. You can also choose to study Peace Studies/ Conflict resolution at post-graduate level after taking a different undergraduate degree. Graduates and post-graduates of peace studies courses can move onto work in education & training, research, the media, international development and relief agencies, senior management, and much more.

- BA (Hons) Peace Studies and BA (Hons) Development & Peace Studies **University of Bradford**, UK. Address: [www.brad.ac.uk/ssis/peace-studies/](http://www.brad.ac.uk/ssis/peace-studies/)
- BA (Hons) International Relations & Peace Studies, **Leeds Beckett University** | [courses.leedsbeckett.ac.uk/intlrelationsandps](http://courses.leedsbeckett.ac.uk/intlrelationsandps)
- BA (Hons) Richardson Institute, Department of Politics and International Relations, **Lancaster University**, UK. | [www.lancaster.ac.uk/fass/centres/richinst](http://www.lancaster.ac.uk/fass/centres/richinst)
- International Relations, Peace and Conflict Studies - BA (Hons) - **London Metropolitan University** | [www.londonmet.ac.uk/courses/undergraduate/2015/international-relations-peace-and-conflict-studies---ba-hons/](http://www.londonmet.ac.uk/courses/undergraduate/2015/international-relations-peace-and-conflict-studies---ba-hons/)
- View more at <http://bit.ly/1PsXVld> (note: website written for students from abroad)

## WORKING IN CONFLICT RESOLUTION AND PEACE BUILDING

As well as the organisations above, check out the following:

- **Quaker Peace and Social Witness** Peacemaker placements - one year paid jobs for post graduates see: [old.quaker.org.uk/quaker-peacemaker-scheme](http://old.quaker.org.uk/quaker-peacemaker-scheme)
- **Scientists for Global Responsibility** - For information about ethical careers in Science, Design and Technology, SGR is an independent UK-based membership organisation of hundreds of natural scientists, social scientists, engineers, IT professionals, architects. It promotes science, design and technology that contribute to peace, social justice, and environmental sustainability | [www.sgr.org.uk](http://www.sgr.org.uk)

**Peace building skills help you make your work more productive, and more satisfying, help you make ethical choices, and have the satisfaction of working in big and small ways to make our world a safer, more peaceful and sustainable place.**