

# the Story of Forgiveness



presented by



# the Story of Forgiveness

An inspiring educational workshop  
combining an award-winning film on forgiveness  
with advanced training in forgiveness methodologies  
developed at Stanford University.

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\*This presentation can be tailored to fit the requirements  
of different countries, organizations, and audiences.  
We can offer either Part One by itself or a full workshop.

## PART ONE

**The story of how forgiveness  
can heal conflict and war.**



### **Admissions**    A 20-Minute Short Film

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This presentation is followed by an in-depth Q & A with Stanford Forgiveness Project Founder, Dr. Fred Luskin and Peace Entertainment Project Founder and Admissions creator, John Viscount. Moderated by Dr. Dot Maver.

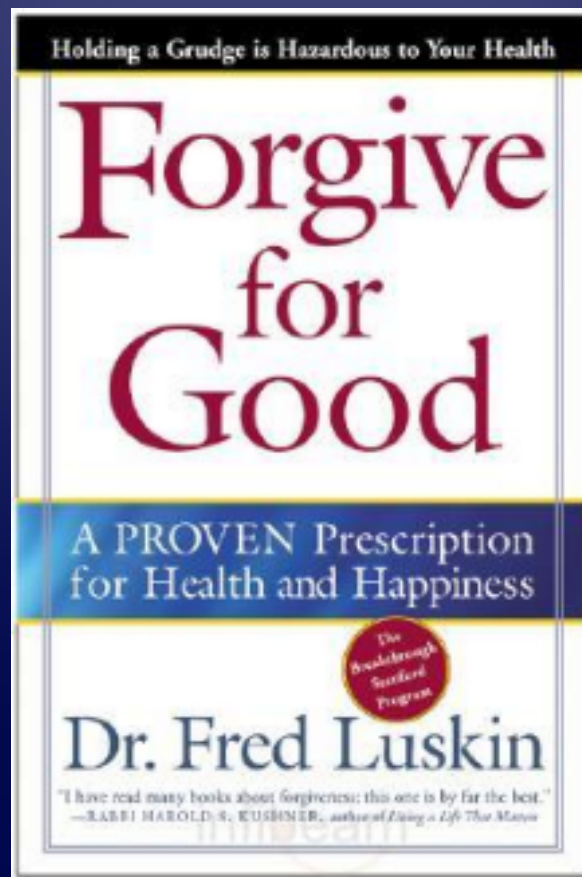
This penetrating discussion will explore the transformational teachings in Admissions and how they can lead to both inner and global peace. It will also feature guided practice in facilitating meaningful audience discussion around the film.

(2 Hours Total)

To watch **Admissions**:  
<https://pepstar.org/peace-entertainment-admissions/>

## PART TWO

**The story of how the science of forgiveness  
can heal bodies and minds.**



### **Forgive for Good**

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A Proven Prescription for Health and Happiness

Comprehensive training, technical assistance, and  
consultation on forgiveness methods developed  
by The Stanford University Forgiveness Project

## Forgive For Good includes:

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**a. Two (2) Introductory Forgiveness Workshops based on the Forgiveness Methods developed by the Stanford Forgiveness Project (6 Hours)**

Each workshop will include three (3) hours of instruction and a maximum of 125 participants.

These sessions will feature lectures on the principles and underpinnings of the Forgiveness Methods; instructions on the practice of the Forgiveness Methods within simulated scenarios; group dialogue and discussion geared towards instilling confidence and developing competency in the forgiveness process; individually tailored coaching.

**b. Two (2) Train the Facilitator Workshops on how to teach the Forgiveness Methods developed by the Stanford Forgiveness Project (32 Hours)**

Phase One is a 16-hour training, followed by two (2) one-hour video webinars for further instruction and supervision.

Phase Two commences 8 weeks after the completion of Phase One and features a more advanced, 16-hour training and follow-up.

These sessions will instruct participants on the fundamentals of teaching the Stanford forgiveness methodology to diverse, wide-ranging audiences. This will include coaching on how to facilitate effective audience discussion after screenings of Admissions.

**c. One (1) Post-Training Facilitator Workshop (2 Hours)**

This culminating session will provide follow-up support and training to facilitators working in a variety of critical settings including schools, governments, police departments, non-profits, religious groups, special interest groups, the armed services and peacebuilding. Participants will share lessons learned, undergo group leadership instruction, and watch video presentations of other proven forgiveness methodologies.

(40 Hours Total)

## The Team

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**Facilitator Dr. Frederic Luskin** is the Director of the Stanford Forgiveness Project as well as a Senior Consultant in Health Promotion at Stanford. He is the author of three best-selling books: *Forgive for Good* and *Forgive for Love* as well as *Stress Free for Good*. He delivers workshops and seminars throughout the United States and around the world on forgiveness, emotional intelligence, stress management, and happiness.



**Moderator Dr. Dot Maver** is an educator and peacebuilder whose keynote is "inspiring cooperation on behalf of the common good." Dot is a co-founder of the Global Silent Minute, National Peace Academy USA, Global Alliance for Ministries and Infrastructures for Peace, the River Phoenix Center for Peacebuilding, and was founding Executive Director of The Peace Alliance. In 2004, she served as National Campaign Manager for Kucinich for President. Dot is co-author of *Conscious Education: The Bridge to Freedom*; is a Fellow with the World Business Academy; board member with Lifebridge Foundation and Garden of Light; and serves on the International Cities of Peace Advisory Council, the Inamori International Center for Ethics and Excellence, Compassion Games, and Piscataqua Peace Forum Advisory Boards, as well as the Shift Network Summer of Peace Wisdom Council. She also presents The Maver Method: A Revolutionary Fastpitch Softball Hitting Technique for players of all ages. Her work in education, politics, and grassroots community organizing is focused on applied peacebuilding utilizing a shared responsibility and shared leadership model as she helps create the conditions for a culture of peace.



**Facilitator John Viscount** is the writer & producer of the award-winning film for peace, *Admissions*, starring Academy Award nominee, James Cromwell. He will be directing his next film on cyberbullying in 2021 and has a slate of other projects in development. John is also the founder of The Peace Entertainment Project (PEPSTAR.org), a non-profit which offers fiscal sponsorship and support to social impact filmmakers who inspire hearts and minds and "promote the kind in humankind." Additionally, John is co-founder of PeaceNow.com and the author of *Mind What Matters*, *A Pep Talk for Humanity* and *The Mind Supplement*.

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