

## UPF Buenos Aires, Argentina's Workshop on Training Ambassador for Peace

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Buenos Aires, Argentina -- A workshop on “Training for Peace” was held at the May meeting of the Ambassadors Cycle [\(1\)](#).

The workshop, which was held on May 18, 2017, was conducted by Ambassador for Peace, social psychologist and coach Juan Varga.

In his presentation, Mr. Varga addressed various topics, from how prejudices form and how one can perceive situations and realities in different ways, to the different forms of violence and the many reasons behind it. He affirmed the following as key to preventing conflict: having dialogue and empathy, avoiding labeling, learning how to not get angry, and avoiding the role of victim.



The workshop offered a holistic and multidisciplinary understanding of the social problems of violence and the most appropriate techniques for overcoming interpersonal conflict. Mr. Varga also provided methods, tools and principles that can be applied in daily life to facilitate mutual understanding. His visual presentation, showing images and examples of exercises, inspired sharing of opinions, experiences and reflections from the participants.

At the end of the event, certificates of attendance were given to the participants and afterwards everyone enjoyed refreshments.

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(1) The Ambassadors Cycle is an initiative of UPF-Argentina that seeks to provide Ambassadors for Peace with the opportunity to share their experiences and expertise as well as to speak about the activities in which they are involved.