

# How the training works

NVDA training will teach you about our demands, the history of NVDA and why it works.

Through the use of discussion and break out exercises you will explore nonviolence, civil resistance, the action cycle and you will learn skills of de-escalation and basic decision making.

The focus of this training is you - we recognise that everyone is different and we will help you to explore how you feel about taking part in an action and how to stretch your personal comfort zones.

You will leave with a new level of understanding of how XR works and lots of ideas about what to do next.

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