



Gentle Action Learning Objectives

By the end of this online module, students will be able to:

- Through reflection and examination of assumptions, identify the strategies they generally use to bring about change in a personal, social, or environmental context
- Given examples of commonly-used strategies for change, identify the potential limitations and drawbacks
- List key characteristics of gentle action
- Identify how gentle action differs from typical strategies for change
- Discuss why gentle action is effective and beneficial
- Identify examples and non-examples of gentle action
- Identify how the strategies for change they have commonly used in the past can be altered by an understanding of gentle action
- Given a scenario, identify strategies they can use to practice gentle action
- Identify a situation in their lives that they think could benefit from gentle action and identify how they might start to address it using gentle action strategies and practices
- Choose at least one area in their lives in which to begin practicing gentle action
- Discuss how the practice of gentle action contributes to the principles of whole systems healing