Unitar Online Catalogue

The Inside Job of Collaboration - PTP.2026.24

Peace

□□ :	Course
□□ :	Web-based
□□ :	1 Days
□□□□ :	Peacekeeping
□□ :	https://unitar.org/sustainable-development-goals/peace/our-portfolio/online-lea...
□□ :	US$0.00
□□□□□ email:	elearning.ptp@unitar.org

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Whilst many individuals and organisations all over the world, strive for social impact and contribution, an increasing number of people working towards such causes are suffering from burnout, stress, depression and lack of fulfilment and meaning in the workplace. Ultimately this hurts not only those individuals and organisations but also those very social causes which they are working towards, hence underlying the importance of the role which inner work has to play when it comes to creating effective and impactful change in the world. At UNITAR we are working towards creating a series of online and face to face offerings to enable change agents, humanitarian workers and other helpers to increase their inner

wellbeing so that they contribute to a better and more peaceful world in a more effective and sustainable way.

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This course aims to support the learners to set their relationships for collaboration, even in difficult situations. Collaboration requires having the capacity to turn inward, tune into one’s own mindset and needs for self-care as well as the capacity to turn outwards by entering productive dialogue and create support systems to effectively function as a team to address the challenges of highly complex and fast changing environments (such as conflict and post-conflict settings).

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By the end of the course, learners will be able to:

- Identify the benefits and challenges of collaboration.
- Identify within oneself what blocks collaboration.
- List collaborative mindset principles.
- Conduct a process to shift from defensiveness to collaborative mindset.
- Practice self-empathy.

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The course is composed of 2 sections:

- Section 1: Basic frame for collaboration.
- Section 2: Bridging the collaboration gap.

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The course is a self-guided, self-paced, web-based course that is on-going and can be accessed at any time. The material is presented in an interactive visual and text format with web-based reference resources. Multiple choice quizzes at the end of each lesson serve a dual function of assessing and evaluating the

students’ understanding and retention and provide a further didactic function by reviewing the content.

At the successful completion of the course participants will be awarded with a badge.

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This course is relevant to people working in various settings that require collaboration.The course is especially useful for people working in difficult contexts, such as conflict and post-conflict environments or people working on social causes.

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Technical Requirements

UNITAR recommends the following as a minimum in hardware and software to take our e-Learning courses. Please consult your Network Administrator or Systems person to ensure that you have the following:

Hardware requirements
- Desktop or laptop computer with Windows 10 or MacOS version 11 and later
- Tablet or mobile devices are not fully supported on some course tools
- Stable LAN or Wifi Internet connection

Browser
- Latest version of Mozilla Firefox (download for free at https://www.mozilla.org)
- Latest version of Google Chrome (download for free at https://www.google.com/chrome)
- Microsoft Edge or Safari (included in your computer)

Other software
- PDF reader (download for free at https://get.adobe.com/uk/reader)
- Microsoft Office for Windows or MacOS (compatible software can be downloaded at http://www.openoffice.org/)
- Video player (Quicktime for MacOS, Windows Media Player or compatible video player)
- Anti-virus

Other requirements
- Disable Pop-up blockers
- Enable cookies and java
- webcam and audio headset for courses that will require online meetings
- additional storage in case you need to download course materials.