Restorative Justice INSTITUTE

FEATURED TRAININGS

Practical skills for navigating conflict, strengthening relationships, and building healthier team cultures. Our training programs equip groups with the tools to communicate more effectively, navigate challenges with confidence, and put restorative principles into everyday practice. Trainings are available in 2, 4, and 8 hour blocks.

Conflict & Communication Styles

Explore how communication preferences, lived experiences, identity, and unconscious assumptions shape our interactions. Identify personal patterns, recognize bias, and develop practical skills for navigating differences with curiosity and understanding.

Conflict Transformation & Accountability

Learn to approach conflict as an opportunity for understanding, responsibility, and repair. Explore restorative approaches to addressing harm, identifying underlying needs, and creating meaningful paths forward.

Difficult Conversations & Deep Listening

Build the skills and confidence to navigate challenging conversations with curiosity and care. Practice deep listening, asking meaningful questions, expressing concerns, and communicating across differences.

Building Restorative Culture & Conflict Readiness

Explore how shared agreements, everyday interactions, and collective responsibility shape group culture. Learn practical ways to strengthen belonging, navigate differences, and create environments where people feel valued and equipped to address conflict constructively.

De-Escalation, Resilience & the Nervous System

Explore how stress and the nervous system shape our responses to conflict. Practice strategies for staying grounded, recognizing escalation, supporting regulation, and responding constructively under pressure.

Introduction to Restorative Justice & Practices

Discover the foundational principles and applications of restorative justice. Explore how restorative approaches strengthen relationships, address harm, promote accountability, and build healthier communities.

Introduction to Circle Process

Experience the power of restorative circles as a tool for dialogue, connection, and community-building. Explore process flow, equitable participation, and the role of the circle keeper.

I-IMAGINE: Transform Conflict & Build Community

Discover RJI's signature eight-step framework for transforming conflict and strengthening community. Learn a practical process for building understanding, exploring possibilities, and creating shared commitments for meaningful change.

GET STARTED: RJINSTITUTE.ORG/CONNECT

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Customize Your Training: What Are Your Goals?

Every group is different. We work with you to design training experiences that respond to your community's unique challenges, goals, and opportunities.

Transform Conflict

- ☐ Understanding Conflict & Root Causes
- ☐ Conflict & Communication Styles
- ☐ Conflict Transformation Strategies
- ☐ Navigating Difficult Conversations
- ☐ Restorative Accountability & Repair
- ☐ Responding to Harm, Exclusion & Bullying

Improve Communication & Connection

- ☐ Restorative & Nonviolent Communication
- ☐ Communication Styles & Team Dynamics
- ☐ Deep Listening & Connection Skills
- ☐ Navigating Differences, Bias & Assumptions
- ☐ Building Shared Agreements & Norms
- ☐ Strengthening Belonging & Collaboration

Build Resilience & Conflict Readiness

- ☐ De-escalation & Self Regulation
- ☐ Preparing for Conflict & Accountability
- ☐ Emotional Regulation & Conflict Response
- ☐ Navigating Stress & Change
- ☐ Trauma-Informed Restorative Practices
- ☐ Circle Process

Strengthen Leadership & Culture

- ☐ Restorative Leadership
- ☐ Building Restorative Teams & Culture
- ☐ Psychological Safety & Healthy Boundaries
- ☐ Sharing Power & Participation
- ☐ Leading Organizational Culture Change
- ☐ Proactive Community-Building Practices

Who We Train

Leadership teams, staff, educators, students, human services agencies, healthcare professionals, nonprofits, municipalities, and community organizations.

Training Formats

Our trainings are available in person or online, including live, instructor-led workshops, multi-session learning series, team retreats, and self-paced courses. We also offer customized and hybrid educational experiences tailored to your goals, schedule, and learning needs.

Not sure where to start?

Our **Restorative Culture & Needs Assessment** takes a closer look at how your group communicates, navigates conflict, and works together. Through a collaborative process, we help identify the restorative skills, practices, and supports that might best serve your community.