



My AVP journey

My AVP journey began in 2011 when I completed the series of workshops; Basic, Advanced, and Training for Facilitators at Acacia Prison. I had already by this time completed other violent offender programmes in prison. However, it was not until I became involved in AVP workshops and I learnt how my behaviour and attitude towards conflict was affecting my life that my rehabilitation began.

I truly believe in the philosophy that there is good in everyone and that there is a power within each one of us to resolve many of our potentially violent situations peacefully; all we need to do is try.

I have now facilitated over 20 workshops at Acacia Prison. Being an AVP facilitator has provided me with the opportunity to apply the AVP philosophy and practice what I learnt from each of our workshops in real life situations in a prison environment. Many situations in prison flow from the lack of communication or willingness to communicate and if you just take that one moment to think before reacting and be willing to suffer for what is important many issues do not escalate.

Being an AVP facilitator has also provided me with a valuable insight into my own offending behaviour and attitude. Facilitating AVP workshops has provided me with the opportunity to work as part of an effective leadership team. Providing and receiving feedback about each of the workshops from my fellow facilitators within our prison community and from the more experienced facilitators from the community outside of prison has been very beneficial to me.

In July 2015 I was released from Prison after serving 21 years of a life sentence and attended my first AVP training night. I asked my sister to come with me so I could introduce her to all the wonderful people I had talked about for the past four years. I found the night to be very inspiring, with the topic being "The Power of Processing". I was greeted with hugs, happy faces and laughter. I met many of my fellow facilitators from the past and met some new facilitators who were just started out. We had pizza, coffee and an amazing seven layer cake.

Since being introduced to AVP's philosophy on the inside I now have the opportunity to continue my AVP journey on the outside. I will take this knowledge and skill with me into my future.

Thank you AVP

Best wishes

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