



E4P in 2014



"The seeds to sustainable peace amongst human beings are in our children's education"

Mark Milton

Dear Reader,

2014 has been very rich for the Foundation and we would like to share with you the results.

Besides the event of **the first national sports federation in the world to introduce self-awareness in their education programme**, you will also find in this newsletter the following topics (all texts in **blue** are links to more information):

Publications: new paperback book and digital versions

Partnerships: French Football Federation, Arsenal and Olympique Lyonnais

Trainings: Quebec Soccer Federation, Ligue Rhône-Alpes de Football, French Football Federation

Events: 2nd Spirit of Humanity Forum, Le livre sur les Quais, European Healthy Stadia Conference at ISC

Media: radio and TV programmes, interviews

New websites

The whole team of E4P wishes you Peaceful Holidays!

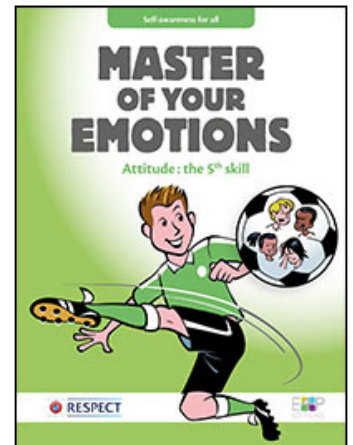
Mark Milton

Founding Director of Education 4 Peace

Publications

In May the first **paperback** version of our book “**Master of your Emotions**” was released in the French language in bookstores in France, Belgium, Switzerland and Canada as well as on **online stores**. This was followed in September by an **eBook version** available in three languages (French, English and German) on our own newly created **webshop**.

Besides the book being available to the general public, **clubs and federations** also started to purchase it directly from us, and we are offering to them **special conditions** to make the book as affordable as possible.



Partnerships

In June 2014, the **National Technical Directorate (DTN) of the French Football Federation (FFF)** **officially partnered with us** to implement the “Master of your Emotions” initiative with its core message about self-awareness and attitude in their education programme. This is a major event considering that it is the first national sports federation in the world to do this. The potential impact is exciting with 2 million licensees and over 18’000 clubs. In order to give this project a priority, the DTN launched a **special commission of experts** and invited Mark Milton to be a member. The “Master of your Emotions” book is distributed within all the main high level technical trainings in France given by the DTN.



As an outcome of a **training at Olympique Lyonnais Academy** in March, the plans of a **3-year long training programme for OL** introducing self-awareness and attitude are being discussed with the French football club’s Academy. The training would include **all managers and staff of the club’s Academy** working with different age groups.

Between February and July, a **semester-long pilot** was made in association with **The Arsenal Foundation** in one of their community projects (“Playing and Being Fair” Double Club programme), involving 20 school-children in their local Ambler School. The main purpose of the project was to get the children feel comfortable to talk about their emotions, to name them and to listen to those of others.

Trainings

In October E4P was invited by the **Quebec Soccer Federation** to join the National Technical Directorate of the French Football Federation and participate in their event “**Stage de recyclage 2014**”. The refresher training was held for 500 football coaches in Québec, with separate sessions for the top coaches of the federation. Mark Milton gave an inspiring training about the “Master of your Emotions” programme to 40 elite coaches.

In November we had the opportunity to give our **first session on self-awareness and listening skills at a national football league level**, in a football coach training programme organised by the **Ligue Rhône-Alpes de Football (L.R.A.F.)** of the French Football Federation (FFF). 26 coaches, 6 supervisors, the general director and the president of L.R.A.F. discovered the initiative of “Master of your Emotions” and experienced the



value of active listening within football training. On another occasion in November **we worked with the DTN** in Paris by giving **a training on listening skills to 15 trainers** doing their Diplôme d'Etat Supérieur de Football (D.E.S.) diploma.

As part of a 2-year training of 300 young people with the **football league Ile-de-France**, France Formation Professionnelle with one of their trainers, Marie Lebrun-Benard, decided to integrate a module on relationship/conflict management and emotional education using “Master of your Emotions” as a key material in the programme.

Events

Co-organized by E4P, the **2nd Spirit of Humanity Forum** (“The Power of Love and Compassion in Governance - Sharing Actions for Effective Change”) was held in Reykjavik, Iceland on April 10-12th. This event was an opportunity for **nearly 230 decision-makers** from the world of economics, politics, health, education and from **more than 40 countries** to share their views and experiences on fundamental human values such as respect, compassion, kindness and cooperation.



On the occasion of the event **“Le livre sur les Quais”** in Morges in September, we participated in two lectures in front of teachers and school principals on the theme: “What place for the teaching of ‘social skills’ in the school of tomorrow?” We also organised **a conference with Dany Ryser**, Coach of the U-17 Football World Champions in 2009 on the theme: “What if football and sports became the new school of social skills?”

On Dec 10th Mark Milton gave a speech at the **European Healthy Stadia Conference** of the International Sports Convention in Geneva. In his presentation entitled **“Emotional Health in Sports”** he emphasised that emotional health and well-being is one of the main current trends in human development and sports can contribute as a powerful platform to this social change for the new generations. Football is pioneering the introduction of self-awareness and attitude as the 5th skill. In the near future this movement will reach other sports as well.

Media

We have been active in the media with radio programmes (**See News section**), **interviews** in the French magazines **“Vestiaires”** and **“Non-violence Actualité”**, and a **live appearance** in a **sport programme of the Swiss TV** during the World Cup.



Websites

Two new websites have also been created during the Summer in three languages: French, English and German. One, e4peditions.org, as a link to our publishing activity, and the other, master-of-your-emotions.org, to promote our book and the wider initiative associated with it.



How to support?

Your ideas and opinions are precious to us. Please don't hesitate to send us your feedback by email (info@e4p.org) on any of the topics above.

