



BAOBABX

Advancing African Digital Humanities Ideation Hub (AADHiH)



Advancing African Digital Humanities Ideation Hub
College of Human Science

Workshop Title:

The Third Harmony: Nonviolence, Communication, and Human Flourishing in the Digital Age



This interactive workshop explores the principles and practices of nonviolence through the resources of the Metta Centre for Nonviolence, including **The Third Harmony** book, documentary film, and educational board game. Participants will be introduced to the foundations of **Nonviolent Communication (NVC)**, developed by Marshall Rosenberg, and explore its application in education, community, engagement, peacebuilding, workplace settings, and digital environments.



Combining experiential activities, personal reflection, and collaborative discussion, the workshop will provide practical tools for fostering empathy, constructive dialogue, and conflict transformation. Participants will also engage with a screening and discussion of **The Third Harmony (2020)**, examining how nonviolence can contribute to social change, ethical engagement, and more inclusive communities in an increasingly interconnected world.



The session offers a unique opportunity to connect personal transformation with broader social and educational practices that promote human dignity, cooperation, and peaceful coexistence.



As part of the **Advancing African Digital Humanities** programme, Dr Francesca Po's workshops on nonviolence, nonviolent communication, and the documentary **The Third Harmony** will contribute to the project's focus on human-centred knowledge production, digital storytelling, ethical scholarship, and transformative pedagogy. The workshops will enable participants to explore how digital media, communication practices, and narrative construction can support peacebuilding, social justice, and community engagement within African Digital Humanities contexts.



WORKSHOP FACILITATOR:

Francesca Po, DPhil
(University of Oxford),

is a scholar of religion & nonreligion, peace activist, and spiritual teacher with 25+ years of experience in the field. She served in the Peace Corps in Kazakhstan, and is a member of the Board of Directors at the Metta Center for Nonviolence.

WORKSHOP DETAILS:



DATE:

04 July 2026
(Saturday)



TIME:

09:30 AM
(Standard South
African Time)



IN-PERSON:

Function Hall (4th Floor),
Kgorong Building,
Muckleneuk Campus,
Pretoria.



FACEBOOK LIVESTREAM:

<https://bit.ly/4oSlyOx>



RSVP LINK: <https://forms.office.com/r/mTUjVYFZjb>



For more information, email CHS-ADH@unisa.ac.za



higher education
& training
Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA



UNISA

