# Political Realism in the 21st Century Training course

Professional Development Training Course Outline

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|---|---|---|---|
| **Category** | Political Science and International Relations | **Duration** | 5 Days |
| **Base Fee** | $1,500 USD | **Delivery Mode** | Online / On-site Hybrid |

## Course Introduction

The modern geopolitical landscape is defined by a dynamic interplay of power, self-interest, and strategic maneuvering, making a nuanced understanding of **political realism** more critical than ever. Political Realism in the 21st Century Training course is designed for professionals and academics seeking to navigate the complexities of international relations, foreign policy, and national security. We will deconstruct the core tenets of classical and neoclassical realism, from the writings of Thucydides and Machiavelli to contemporary thinkers like John Mearsheimer. Participants will gain practical skills to analyze global events, predict state behavior, and formulate effective, interest-driven strategies in a world increasingly characterized by **multipolarity** and **geopolitical competition**.

This program moves beyond theoretical frameworks to provide a **pragmatic, data-driven approach** to political analysis. We will explore how realist principles apply to a wide range of contemporary challenges, including great power competition, economic statecraft, and the impact of non-state actors. By examining case studies from different regions and historical periods, students will develop a deep appreciation for the enduring relevance of realism in an era of globalization, technological disruption, and rising nationalism. The course emphasizes **critical thinking**, **strategic foresight**, and the ability to distinguish between aspirational ideals and the underlying realities of power politics.

## Programme Curriculum

**Political Realism in the 21st Century Training course**

**Introduction**

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**Course Duration**

5 days

**Course Objectives**

1. **Analyze** the historical evolution of political realism from classical to structural and neoclassical approaches.
2. **Deconstruct** the core assumptions of realism, including state-centrism, anarchy, and the pursuit of national interest.
3. **Evaluate** the role of **geopolitics** and **great power competition** in shaping 21st-century international order.
4. **Apply** realist frameworks to contemporary foreign policy challenges, such as the rise of China and the decline of unipolarity.
5. **Assess** the strategic implications of **economic statecraft** and **geoeconomics** through a realist lens.
6. **Formulate** realistic foreign policy recommendations based on power distribution and strategic constraints.
7. **Differentiate** between offensive and defensive realism and their respective policy prescriptions.
8. **Critically examine** the relevance of realism in an era of **cyber warfare**, **AI governance**, and **hybrid threats**.
9. **Predict** state behavior and alliance dynamics in a **multipolar world order**.
10. **Discuss** the interplay between domestic politics and foreign policy decision-making through neoclassical realism.
11. **Analyze** the concept of **security dilemmas** and arms races in contemporary security environments.
12. **Evaluate** the role of non-state actors and international institutions from a realist perspective.
13. **Anticipate** future trends in international relations by applying realist principles of power balance and revisionism.

**Target Audience**

1. **Diplomats & Foreign Service Officers**
2. **National Security & Intelligence Analysts**
3. **Journalists & Political Correspondents**
4. **International Business Executives**
5. **Policy Analysts & Government Advisors**

6. **Graduate Students in IR & Political Science**
7. **Military Strategists & Defense Planners**
8. **NGO & Think Tank Researchers**

**Module 1: Foundations of Political Realism**

- Historical roots: Thucydides, Machiavelli, and Hobbes.
- Core principles: human nature, state-centrism, and anarchy.
- Differentiation between classical and structural realism.
- The role of the state in a self-help international system.
- Case Study: The Melian Dialogue and the inevitability of power politics.

**Module 2: Great Power Competition in the 21st Century**

- Analyzing the US-China strategic rivalry.
- Russia's foreign policy and its challenge to the liberal order.
- The concept of a "new Cold War" and its implications.
- Regional power dynamics: India, the EU, and regional alliances.
- Case Study: The Ukraine War and the security dilemma in Europe.

**Module 3: Geoeconomics and Economic Statecraft**

- The weaponization of trade, finance, and technology.
- Sanctions and their effectiveness as a coercive tool.
- Dependency theory from a realist perspective.
- The Belt and Road Initiative as a tool of Chinese power projection.
- Case Study: The US-China trade war and its geopolitical consequences.

**Module 4: National Security and Strategic Foresight**

- Identifying national interests and strategic threats.
- The balance of power and its application in military strategy.
- Understanding the security dilemma and its escalatory effects.
- Nuclear deterrence and the stability of a multipolar system.
- Case Study: North Korea's nuclear program and the limits of diplomacy.

**Module 5: The Challenge of Non-State Actors**

- Realism's view on terrorism and transnational movements.
- The limitations of realism in explaining global governance.
- The role of international institutions like the UN and NATO.
- The impact of multinational corporations and their political influence.
- Case Study: The realist perspective on ISIS and its geopolitical impact.

**Module 6: Neoclassical Realism and Domestic Politics**

- The interplay between domestic factors and foreign policy.
- The role of leadership, state capacity, and societal perceptions.
- How domestic politics can constrain or enable state power.
- Public opinion and its influence on national interest.
- Case Study: Post-Brexit UK foreign policy and its domestic drivers.

**Module 7: The Future of Realism in a Tech-Driven World**

- Cyber warfare and the new battlegrounds of power.
- The geopolitical implications of artificial intelligence and quantum computing.
- Information warfare and the erosion of trust.
- The security dilemma in the digital realm.
- Case Study: The Stuxnet attack and its implications for cyber deterrence.

**Module 8: Course Synthesis & Capstone Simulation**

- Review of core realist concepts and their application.
- Critiques and limitations of realist theory.
- Policy brief creation and strategic scenario planning.
- Debate on the future of international relations.
- Case Study: Participants engage in a simulated diplomatic negotiation over a contemporary geopolitical crisis.

**Training Methodology**

- **Case Study Analysis**: In-depth examination of historical and contemporary events to apply theoretical concepts.
- **Scenario-Based Simulations**: Participants work in teams to solve realistic geopolitical challenges.
- **Socratic Dialogue**: Facilitated discussions to encourage critical thinking and debate.
- **Expert-Led Webinars**: Sessions with practitioners and scholars in international relations.
- **Policy Brief Creation**: Practical assignments to develop concise, action-oriented recommendations.
- **Data Visualization**: Using tools and techniques to analyze geopolitical data.
- **Peer Review & Feedback**: Constructive evaluation of assignments and policy proposals.
- **Role-Playing Exercises**: Simulating diplomatic negotiations and strategic decision-making.

**Register as a group from 3 participants for a Discount**

**Send us an email: info@fineskilltrainingcenter.org or call** *+254769199797*

***Certification***

*Upon successful completion of this training, participants will be issued with a globally- recognized certificate.*

***Tailor-Made Course***

*We also offer tailor-made courses based on your needs.*

**Key Notes**

**a.** The participant must be conversant with English.

**b.** Upon completion of training the participant will be issued with an Authorized Training Certificate

**c.** Course duration is flexible and the contents can be modified to fit any number of days.

**d.** The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

**e.** One-year post-training support Consultation and Coaching provided after the course.

**f.** Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

## Upcoming Scheduled Sessions

| Start Date | End Date | Location | Price |
|---|---|---|---|
| **23 Nov 2026** | 27 Nov 2026 | Online | $1,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $1,500 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $3,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $3,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $4,500 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |

Ready to enroll or request a customized program? Book online or contact us:

**Register Online Now**

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com