

AM: 10:00 - 11:30

Embodied Conversations: Cultivating the Joy of Connection in Community

(Robert Sproul Room)

Rashmi Guttal

How do we cultivate community care through deep listening and presence? Furthermore, how do we inhabit our bodies when conflict arises? In this workshop, participants will explore somatic practices that cultivate nervous system regulation, introduce parts work, explore rupture and repair in their relationships and nurture joyful connections. There will be opportunities to practice communication and listening skills in group work, individual reflection and community sharing. We will also discuss what community care in connection and conflict looks like to us and co-create what how to cultivate more joy in our relationships. This workshop is trauma-informed and all practices are optional.

Beneficial for: *Anyone who wants to have better relationships and wants to deal with conflict better; so anyone and everyone willing to go there.*

HELD: Embodying Self-Compassion & Ease Through Movement

(Golub Home Room)

Taraneh Sarrafzadeh

As BIPOC women and nonbinary folks, we often find ourselves *holding* a lot, especially as we vision, activate, and serve as doulas to the transformations we're calling in for a future that centers justice & equity, holds the sacredness of life, and acts in harmonious, loving relationship with the Earth.

In this workshop, we invite ourselves to be HELD utilizing practices of circle, lightly guided gentle movement and dance, somatics, and meditation to call in the medicine of Self-Compassion and Ease, starting with our bodies. With the element of Water as guide, we will engage in movements and energetic practices that invite us to release stagnancy, find fluidity, and bring focused attention to cultivating self-compassion.

We deserve a space of our own to feel HELD, so that we may release and replenish in order to BE in our naturally vital and flourishing state!

This workshop accommodates a wide range of body abilities and movers of all experience levels. You are welcome to participate while staying seated, and can always choose to visualize or work with the subtle energetics of each movement prompt if you're not in a space for larger physical body movements.

Beneficial for: *WOC and nonbinary folks who are looking for a compassionate and embodied space to release and recharge through movement.*

Joy Bond Shining Bright in Community

(Chevron Auditorium)

Dr. Sweta Chawla & Suzanne Mansell

Getting recognized for sharing your gifts, what makes you happy and your accomplishments should be cause for celebration. So why does it sometimes feel like your joy has been made a target of criticism, gossip, or even sabotage?

You may be experiencing the social phenomenon known as “Tall Poppy Syndrome.”

This syndrome cuts people down and devalues achievement by suggesting you did not deserve the attention. It can discourage striving for future achievements that would attract further attention. It is most likely to be experienced by historically disadvantaged groups (such as women and people of color) or in work cultures that encourage cutthroat competition among employees.

Tall Poppy Syndrome occurs when a person’s success causes them to be attacked, resented, or criticized. Whether you consciously or unconsciously feel that you will be envied, put down or dismissed it can really trigger a fear and discomfort of being visible, celebrated, joyful or having vast amounts of success.

Particularly, if you are someone that really values being connected to others - not having your joy reflected can create a paralyzing inner-conflict. You will deliberately or unknowingly hold yourself back from fully expressing your true potential for fear of disconnection.

At the same time it’s not uncommon to find connection in the wrong places through bonding over pain. Community often gets created through tragedy whether it’s a break up or a school shooting. But what if you could intentionally change these dynamics to experience a both/and situation where you get to feel joy and connection at the same time via Joy Bonding?

During this highly interactive workshop, Leadership Coaches and Facilitators Dr. Sweta and Suzanne Mansell will inspire attendees through stories, case studies and actionable tools to explore

how to create experiences for you to enjoy shining brightly in community without fear of disconnection.

In this interactive workshop, you will:

*Understand Tall Poppy Syndrome and how it contributes to an ecosystem of competition and low self-esteem versus communal joy and connection

*Learn how to be intentional in creating and/or participating in community so you can shine bright without fear of a consequence

*Participate in an experience that taps into the sensations of connectedness as opposed to disconnection and separation in the face of being seen

*Clarify next steps to creating and/or participating in an intentional community that celebrates and encourages joyful expression and success.

Beneficial for: *Anyone wanting to Shine Bright but consciously or unconsciously feel its in conflict with connection to other women, people they care about, their partners, etc*

Nourish The Seeds of Intimacy

(Outdoors / Ida Sproul Room)

Dominique Cowling

Black Seeds Project invites a deeper exploration of our emotional and spiritual health in the outdoors. In this experiential workshop, we will engage our relationship to sacredness, interdependence and collective care. Through various mindfulness and embodied practices, we will connect with the tender hearts of the group and the natural world. Inviting in a small community of nature lovers whose superpowers are their sensitivity. This exploration will be exceptionally sweet for those who are learning to trust and receive support. May we nourish the seeds that transform our culture.

Beneficial for: *for highly sensitive, tender hearted, nature lovers who are learning to receive support and care. These might be the folks who have the archetype of healer, organizer, advocate etc and often are in the role of holding space for others.*

PM: 12:45 - 2:15

1) Keep Your Check & Keep Your Soul!

(Ida Sproul Room)

Alma Jurado

For many of us having to choose between a regular paycheck and our mental and physical well being is becoming a once or twice a year exercise evaluation.

It used to be a more common case for employees of corporations, but now we can find big turnarounds in non profit organizations, schools and small businesses.

Whether we are suffering from compassion fatigue, or the high demands of jobs with specific deliverables and multiple deadlines, we are not OK.

Some of us develop thicker skin which is helpful in many situations but it comes with a cost: numbing and fatigue in our out of work life.

Some other of us develop other mechanisms of defense to call our attention to self care and slowing down: IBS, insomnia, anxiety, eating disorders (eating our feelings, or not eating altogether).

Some of us are unclear of what self care is, and end up spending unusual amounts of money on cures that may help for a short time but won't get us through all four quarters.

A few of us even question our vocational call and dream of running to a farm to hang out with trees and animals because that career we worked so hard for doesn't seem to be what we thought...

In this course we are going to talk, breathe, feel, and practice how to spot the trigger points of stress we have about work; how to get acquainted with them and treat them as soon as they arise, even if we are on the clock. We will learn about the vagus nerves and how it helps us ground and make informed decisions.

We will develop simple strategies to resource in times of high stress, and stop sacrificing our time to live, create, and enjoy!

2) Self-Care As A Multifaceted Way to Understand Women of Color

(Robert Sproul Room)

Gia Jones

This workshop is to cultivate self-care practices as mindfulness techniques for women of color. I'll present key discussion questions, self-care tips in the scope of women of color in advocacy and activism.

dissecting the multifaceted ways women of color indulge in self-care. It's with emphasis on advocacy and activism in the political landscape. I incorporate key elements of self-care, self-awareness, and cultural humility.

Beneficial for: *Advocates, and Activists*

3) Self-Defense

(Golub Home Room)

Cha Apostol

The self-defense workshop where you will learn and practice how to:

- Keep yourself at a safe distance through verbal communication and body language
- Use proper technique when utilizing escapes and/or attacks
- Maintain balance to avoid falling or being pushed to the ground
- Avoid and evade threatening circumstances
- Use realistic situation self-defense techniques

4) Womxn Of Color Rooted in Growth, Cultivating Internal Power

(Chevron Auditorium)

Kim B Miller

Our mentality, insights and beliefs guide our opportunities. Whether we work in retail, as a creative, in a restaurant, in corporate, medical professions, politics or create our own lanes we have to stop overlooking our strengths and abilities. No more undermining or “being small”. No more allowing imposter syndrome to rule our life. Worthiness starts within.

Imposter syndrome is “soul real” for WOC. We second guess ourselves. Our internal dialogue needs new lyrics. We will rewrite them and tie them to our roots or ancestors. We will counter the negativity with real critiques. We will make accomplishments noticeable. We will plan for fear, not ignore it.

Step 1: Explain Imposter Syndrome and how it affects WOC.

Step 2: Listen to the concerns of participants.

Step 3: Outline processes to cultivate growth, strengthen outlooks.

Step 4: Have each participant brainstorm which methods will work for them.

Step 5: Give concrete examples and “heart work” to continue the growth.

Beneficial for: WOC who are working, self employed, artists or WOC who are trying to get employed.