

SILKSTRAND

FOUNDATIONS OF BELONGING

RACIAL HEALING INTENSIVE WORKSHOP

NOVEMBER 2020



ABOUT SILKSTRAND

"Silk" references the materials in gemstones that make them "imperfect" but also contribute to their brilliance and beauty. We must examine and embrace our complex stories in order to see and hold others' in their fullness. "Strand" refers to the connections and differences that exist between and within us, the threads that make up a tapestry of belonging.

We are at a moment when we can help shape the conversation about race and systemic racism in this country. BUT - there is a lack of high-quality programming that applies the lessons of adult learning, healing-centered practices and an asset-based lens.

Silkstrand is committed to providing womxn an opportunity to learn to sit and connect with themselves so that they can more productively sit and connect with others.

GUIDING PRINCIPLES:

Our workshop is grounded in the idea that racism inflicts trauma on everyone and that racial dialogue can and should be a healing process.

Our program will help you understand the intersection between feminism and anti-racism. In other words, how White Supremacy Culture impacts womxn in ways that provide a point of entry and empathy into anti-racism work.

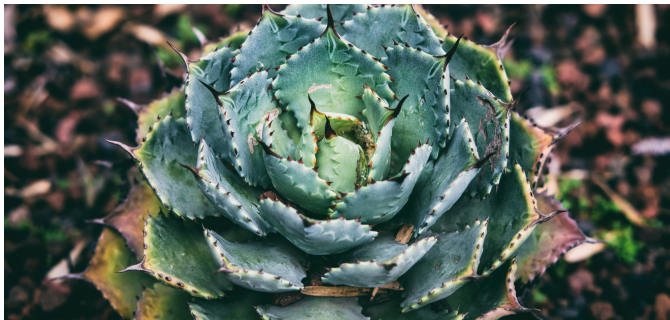
It is designed for those relatively new to the conversation who have limited access to opportunities to do this work, or to take it on through a cohort-based model.

The process will open you up to the different levels of intimacy necessary to come to these conversations in authentic, sustainable ways: mind, heart, body and soul.

We invite you to join us in co-creating an experience that will help you build the foundation of knowledge and skills you need to cultivate awareness, connection, and a deeper sense of belonging for yourself and others.

HOW DO I KNOW THIS IS FOR ME?

- You avoid these hard conversations for fear of making yet another mistake.
- You feel like you are not getting inclusion and anti-racism "right."
- You notice growing tension within yourself, your family, and/or your professional or social circles as people struggle to engage in conversations about race, power, and privilege without causing harm.
- You are ready to go deeper to expand your awareness and to inform conscious action.
- You know it is time to have brave conversations for deeper connection without side-stepping discomfort.
- You could use the support of knowledgeable and empathic guides who will shine light on the shadows surrounding this topic and challenge the narratives, thinking, and practices that perpetuate inequality, imbalance, and the experience of exclusion.



**“ANOTHER WORLD IS NOT ONLY POSSIBLE,
SHE IS ON HER WAY. ON A QUIET DAY, I CAN
HEAR HER BREATHING.”**

— ARUNDHATI ROY

**“THE TRUE FOCUS ON REVOLUTIONARY
CHANGE IS NEVER MERELY THE OPPRESSIVE
SITUATIONS THAT WE SEEK TO ESCAPE , BUT
THAT PIECE OF THE OPPRESSOR WHICH IS
PLANTED DEEP WITHIN EACH OF US.”**

— AUDRE LORDE

ABOUT YOUR GUIDES:

DR. ULCCA JOSHI HANSEN

Ulcca is an educator, writer and belonging advocate. An adult “third culture kid” she has lived and worked in over a dozen countries and has honed her capacity to form bridges across diverse experiences, perspectives and lived experiences. Her commitment is to help people and organizations create space for our deep and common humanity to be held and nourished. When this happens, belonging can flourish.

Ulcca's approach to learning design and facilitation draws from her experience with coaching, healing-centered approaches and somatic experiences. We experience and process life through both our minds and bodies, yet live in a world that privileges the cognitive when it comes to processing emotions and experiences. Ulcca supports people in reclaiming ownership over their full selves, becoming conscious of the deep-seated patterns that our culture imposes on us, and providing tools that can take us into different ways of being and relating.

CAITLIN LONG, M.ED

Caitlin Long is the co-founder of RE/SCRIPTED a feminist education consulting practice. She has over ten years of experience in gender-specific and social-emotional health education programming. She is an experienced workshop facilitator, curriculum designer, and public all-girls school teacher.

Caitlin's facilitation methods are collaborative, encourage critical reflection about identity differences, and are attentive to personal and collective histories. Her passion and interest in social-emotional education, health, and wellness stem from her long-standing commitment to building empathy, creating access to knowledge, and modeling equitable practices. At the core of her values are teaching tools of empathy, connection, and creating learning conditions that raise critical consciousness of inequities fostered in our world and our own roles in reproducing and resisting them.

DETAILS:

DATES:

November 6, 7 & 14, 15

WHAT YOU GET:

- 26 hours spread across two weeks
- 4 group workshop sessions
- Personal reflection assignments
- Group and personal coaching calls

SKILLS YOU LEARN:

- Language of anti-racism
- Ability to speak the words
- Ability to sit with and productively process discomfort
- Increased confidence to frame and ask questions
- Embodied experiences around processing discomfort & trauma
- DOING anti-racism and what that might entail in terms of “costs”
- Identifying personal next steps

THIS IS A GOOD FIT FOR:

- Individuals who are aware that this conversation is happening and may be engaged in self-educating.
- Those who understand that transformation is hard and are willing to dive deeper.
- White womxn who do not have many BIPOC people in their circles with whom to learn.
- Organizational leaders who want to engage with this work individually in an intentionally brave space.
- Individuals who want to engage with this work outside the context of their jobs or social circles.