WORKSHOPS

Interactive experiences rooted in a vision for racial healing and reconciliation.

We exist to unite and ignite people for racial justice and want to empower organizations to be architects of this change in their industries and communities. This work is critical for the moment we are in as a nation and we hope to be a solution for organizations who desire to push this movement forward.

UNDIVIDED BEGINS WITH

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OUR APPROACH

REFLECT. CONNECT. DIRECT.

Reflect: When it comes to the topic of race people have a lot to say. It's important for voices to be heard, AND we see value in starting from a place of pause. Our workshops provide the space to sit with thoughts and emotions. Reflecting is an essential part of the process of growing in greater understanding and healing.

Connect: We believe that relationships are foundational to learning and growing in greater awareness. It is through our shared stories about our lived experiences that we can get beneath the surface and into deeper and meaningful relationships and conversions. Our workshops contain small group breakout sessions for this purpose.

Direct: In the broader conversation about race, words have often taken the place of meaningful action. We believe that there are tangible ways for us to make an impact and we want to help guide you by providing the space to consider what realistic steps you can take to make an impact at the micro, mezzo or macro level.

OFFERINGS 2023

THE FOLLOWING CAN BE PRESENTED INDIVIDUALLY AS 1-HOUR, 2-HOUR, 4-HOUR OR FULL DAY SESSIONS.

THE IMPACT OF EXCLUSION

Highlight the importance of inclusion, belonging and elevating the dignity of others who are often most marginalized. Through an understanding of the experience of immigrants and refugees in the US we will explore the impact of exclusion and the harm of assimilation and what happens when the perspectives and stories of others are not recognized, valued, or considered.

CREATIVE EXPRESSIONS ABOUT RACE

Highlight the value of representation within the arts and encourage artists and people within the art community to consider the impact of their work and their voices. Participants will be exposed to artists whose work serves as examples of how to meaningfully create pieces for the purpose of community impact.

RESTORING STREETS TO DWELL IN

Provide a Biblical framework for what equitable communities are meant to look like, and provide connection, reflection and collaboration on how we move toward this vision more meaningfully and intentionally.

LIFT EVERY VOICE

Help individuals understand the systemic impact of minimizing voices of those most marginalized. Using the issue of voting rights as an example, participants will have the opportunity to more fully grasp the significance of elevating individual and voices to help bring about collective change systemically and institutionally.

COURAGEOUSLY VULNERABLE LEADERSHIP

This workshop is designed to provide leaders with ideas for how to better serve
those within their organization and to provide them helpful concepts to aid in creating more equitable workplaces and environments where everyone feels considered and valued. Through the learnings from leaders on this panel, we hope that you find points of connection and inspiration in what they share in this discussion.

LEADING COURAGEOUSLY

Gain a deeper understanding of how fear can impact our daily lives and decisions when it comes to conversations about race and systemic injustice; and to inspire, encourage and equip people to lead more meaningfully and effectively in everyday spaces through a courage-minded perspective.

THE POWER OF STORY

Understand, define, and share your story in order to bring power to your why (your reason for being activated in the work of racial solidarity, healing and justice).

LEADING WITH EMPATHY

Elevate the significance of empathy as a useful and strategic tool to utilize in conversations and leadership. We walk attendees through our CARE framework which encourages people to prioritize pausing before responding and to also consider the emotions of others through intentional perspective taking.

Through our guided story-sharing engagement activities, attendees reflect on their own lived experiences as well as the experiences of others which creates an opportunity for meaningful, beneath-the-surface connectivity. Participants leave with a plan for how they can use the tool of empathy to grow in the ability to be an inclusive leader.

THE POWER OF INCLUSION

People who work in inclusive organizations experience feeling known, constructively challenged, and have the opportunity to operate at their best. In this workshop, attendees will understand how building inclusive environments can increase psychological safety within an organization and why this is important and valuable to have conversations about race and systemic injustice; and to inspire, encourage and equip people to lead more meaningfully and effectively in everyday spaces through a courage-minded perspective.

UNDIVIDED BEGINS WITH U

OFFERINGS 2023

RACIAL TRAUMA SERIES

THE FOLLOWING CAN BE PRESENTED INDIVIDUALLY OR COLLECTIVELY AS THREE 1-HOUR SESSIONS, ONE 2- HOUR SESSION OR ONE 4-HOUR SESSION.

LISTENING TO YOURSELF

Bring greater awareness to the individual and collective experience of racial trauma, helping people to reflect and consider the personal impact of this specific type of trauma. Participants will have the opportunity to engage in moments of personal reflection by processing their own experiences and the experiences of others.

LISTENING TO OTHERS

Equip participants to more meaningfully hear and hold the stories of others with greater honor, respect and care. There will be ample space provided to listen to personal stories about racial trauma and to share the impact of those stories. Through these guided listening engagements, participants will have the opportunity to practice the art of listening well to help better understand the great value this offers others within your organization.

COLLECTIVE HEALING

Guide participants through a process of how to respond to moments of pain and hurt in community. Participants will have the opportunity to reflectively consider how they have responded to their own pain in the past and how they might want to respond in the future. By being respectfully curious with oneself and others there is potential for deeper healing to occur at both the individual and collective levels within your organization or team.

EQ + CQ WORKSHOP SERIES

EQ + CQ WORKSHOP OPTIONS CAN BE DELIVERED INDIVIDUALLY OR AS A PACKAGE:

Cultural Intelligence: 1-hour
Microaggressions: 1-hour
Emotional and Cultural Intelligence: 2-hour
Emotional and Cultural Intelligence: 4-hour

CULTURAL INTELLIGENCE

1 Hour Workshop

Elevate the importance of utilizing cultural intelligence as an effective tool for engagement, respect and understanding. In this session, participants will walk through a framework that will provide a more holistic approach to communicating with more intentionality and empathy for the purpose of cultivating more culturally aware and honoring environments where all people feel valued and respected.

PREVENTING MICROAGGRESSIONS

1 Hour Workshop

Provide greater awareness to the topic of microaggressions and how people are impacted by the daily occurrences that often cause discomfort or harm. Participants will walk through a framework of understanding and listening that will help communicate with more intentionality, respect and authentic empathy within their organization and beyond.

EMOTIONAL AND CULTURAL INTELLIGENCE

2 Hour Workshop

Elevate the importance of utilizing cultural and emotional intelligence as effective tools for engagement, respect and understanding. In this session, participants will walk through a framework that will provide a more holistic approach to communicating with more intentionality and empathy for the purpose of cultivating more culturally and emotionally aware environments where all people feel valued and respected.

EMOTIONAL AND CULTURAL INTELLIGENCE

4 Hour Workshop

Focus on the importance of utilizing cultural and emotional intelligence as effective tools for engagement, respect and understanding. In this session, participants will walk through a framework that will provide a more holistic approach to communicating with more intentionality and empathy for the purpose of cultivating more culturally and emotionally aware environments where all people feel valued and respected. Participants will have the opportunity to reflect on their own lived experiences as well as process the stories shared from the lived experiences of others and develop actionable plans to more effectively engage with those within and outside of their organization with greater cultural and emotional insight.

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