

# StirFry Seminars & Consulting

July 2020

## SO, YOU WANT TO HAVE a CONVERSATION ON DIVERSITY...

Given the times we are living in, so many folks of are clamoring for the need to talk about racism and other diversity issues. I remember, a line from my film with college students "If These Halls Could Talk" where the white student, Leif, tells the students color that he is ready to have an honest conversation on race. The black student, Will, hesitates and then says to Leif: *I don't think you know what you're asking for.*

So, I wrote this piece for those desiring to begin the conversation on diversity issues. I wrote it as a way of supporting whites to be prepared, but also for people of color who have heard this before and have been disappointed. So, the following is a list that was created as a way of raising the bar for whites, so it doesn't fall on people of color to remind whites what they need to keep in mind if they want to 'truly engage in a way that is authentic and real about racism and other diversity issues.

- \* Lean into the discomfort, not away from it.
- \* Notice if your shame or guilt are getting in the way of fully being able to listen and be curious.
- \* Listening is only half of what communication is all about. The other half is how well you respond, so that the other person feels heard, understood, believed, and that you're open to changing.
- \* Just because you haven't experienced or witnessed what someone is going through, doesn't mean it isn't true. Just as a fish doesn't know it's in water.
- \* Mindfully listening is also noticing what isn't being said, heard or seen.
- \* If someone has to repeat themselves, it is probably because they don't feel you've heard them.
- \* Saying that you're sorry or that you understand too quickly, can sometimes be interpreted as wanting a "quick fix" or to end the conversation. The underlying questions might be: What are you sorry about? What do you think you understand? Or maybe: What aren't you sorry about? What don't you understand?
- \* \*We do not learn from experience, but rather by our willingness to experience.
- \* \*When speaking notice the impact of your good intentions.

*Lee Mun Wah*

# ONLINE SUMMER WORKSHOP with Lee Mun Wah

## 3-DAY ONLINE WORKSHOP CROSS-CULTURAL FACILITATION for Diversity Trainers, Educators & Therapists

Facilitating a group with many cross-cultural perspectives and experiences requires a keen understanding and knowledge of how cultural differences can impact group dynamics, relationships and their sense of safety.

In this unique training, Lee Mun Wah will guide each participant through a series of exercises and mindful techniques that will enhance their understanding of the impact of culture on relationships, conflictual cultural situations, as well as how to develop a deeper and more authentic sense of community and openness within diverse groups.

Participants will explore their perception and attitudes about diversity issues through the use of films, books, vignettes and personal stories. They will learn to:

- \* Listen and respond from a Buddhist and Eastern Approach
- \* Notice the impact and intent of all our communications and actions
- \* Discover the importance of curiosity as a mediation tool
- \* Make use of non-verbal communications
- \* Use Mindful Techniques to de-escalate a conflict within minutes
- \* Ask 26 culturally-sensitive questions that create safety and trust

Lee Mun Wah, is a master diversity trainer, author and filmmaker. His groundbreaking film, *The Color of Fear*, has been seen by over 30 million viewers all over world. In 1995, Oprah Winfrey did a one-hour special on his life and workshops. Thousands have taken his workshops and trainings all over the country in corporations, universities, and social agencies.

REGISTER ONLINE: <https://stirfryonline.com>

For more info: [ellen@stirfryseminars.com](mailto:ellen@stirfryseminars.com) 510-204-8840 x 103

**Friday July 24 - 26**  
**9 am to 3 pm PST**

\$500 for all three days



### One Year Mindful Facilitation Certificate Program

New Cohort for 2020-2021 Starts August 21, 2020.

This program is now conducted entirely online, using Zoom meetings. (In-person training sessions may be added depending on future public health restrictions)

This program provides an intensive level communication and facilitation online training to those wishing to develop their cultural intelligence, as well as individual and group process skills from a Mindful Facilitation and multicultural perspective.

This program will also provide participants with the necessary skills and knowledge to work more effectively with educational and social institutions, professional environments, and diverse communities on diversity issues and cross-cultural needs and concerns.

Questions? Schedule a time to speak with Lee Mun Wah, StirFry Seminars' Executive Director and Certificate Coordinator Today!

Contact [ellen@stirfryseminars.com](mailto:ellen@stirfryseminars.com)  
or call 510-204-8840 x103  
for appointment availability.

Info at [stirfryseminars.com/certification](https://stirfryseminars.com/certification)

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Stirfry Seminars & Consulting has made its acclaimed diversity documentary films available on-demand for individuals and students via digitally-streamed video at:  
[www.DiversityTrainingFilms.com](http://www.DiversityTrainingFilms.com).

**Kindle eBooks**  
**(available at Amazon.com)**

LET'S GET REAL: What People of Color Can't say  
and Whites Won't Ask About Racism

THE ART OF MINDFUL FACILITATION