

StirFry Seminars & Consulting

June 2020

At a Crossroads Once Again

This year will be thirty-four years that I have been traveling all over this country doing diversity work, showing my films, facilitating thousands of folks through intimate and authentic dialogues on discrimination and conflict, hatred and fear. It will also be forty-five years since my mother was murdered and I left teaching to become a social activist. And to be honest, I am tired. I once asked Roosevelt Thomas, another diversity consultant who died not so long ago, if he ever really felt that companies changed after taking his workshops and trainings. He sadly, said: "No, Mun Wah. They made the commitment to change...they even invested thousands on focus groups and cultural assessments, but they never really followed through...and that saddens and tires me." I remember us both sitting there on my couch for a long time in silence...because we both knew the truth of his words and what came to us both was that elusive question still haunting us all, even today: What will it take for this country to change? How many more lives and dreams will be lost and destroyed before this nation comes to its senses? As someone once wrote many centuries ago: *The fault dear Brutus, lies not in the stars...but in ourselves.*



Each day has been filled with so much police violence and killings and each have brought me to my knees in tears and in anguish, not only fearing for the life of my son, but for the future of this country and this next generation. I am tired of this man who passes for the president of this country who every day peddles racial hatred and blames everyone and anyone who either disagrees with him or tries to tell us the truth, but never takes any responsibility or is willing to change. I am tired of the folks who

call themselves Christians, but who have become deaf and blind to the caging of children and their parents, as well as all the lies and immoral acts they have condoned with their silence and hypocrisy. And I am tired of those in this country who when faced with the truth: either make us be afraid of it or blame someone for it.

Well, maybe this is our wake-up call or the beginning of the end. What I have learned in these seven decades on this earth is that these are the times when we are at a crossroads...a precipice... when we must decide whether we are capable and even willing to living together in peace or will we finally, with our last breath of arrogance... be destroyed by our hatred and fears. You see, the Constitution and the Bill of Rights and even the Bible and the Koran are in fact, only pieces of paper. And grand words like democracy and freedom, respect and caring, and love thy neighbor, only become reality if we choose to make them so. Not when it is convenient or a holiday, but practiced every day and with every person we meet. I recently wrote:

"I believe we are all tested. Maybe not in the way we planned or wanted...but, when the time comes, we will either act with courage and goodness or with fear and silence. For each of us deep down knows what is right and what is wrong...and it is at that moment when we are tested that our history is written - to be remembered or to be looked back on with regret. It is a choice that we each must make for ourselves and for those not yet born. For each decision we make in life affects everything and everyone from that moment on. Every time we do not speak up, someone always pays a price for our silence...and that same price is also exacted on who we become and who we do not. So, you see, perhaps it is where the road ends, that our path begins."

Lee Mun Wah

ONLINE SUMMER WORKSHOPS 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 510-204-8840 x 103

**Dates: Friday June 26 - 28 OR 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
or call 510-204-8840 x103
for appointment availability.

Info at stirfryseminars.com/certification

OUR ONLINE STREAMING FILMS
AND KINDLE BOOKS ARE THE PERFECT
TOOLS FOR YOUR ONLINE CLASSES

DIVERSITYTRAININGFILMS.COM

Streaming video rentals of our documentaries
now available in extended rental periods:

24 hours • 72 hours • 1 week • 1 month • 6 months • 1 year

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.

Kindle eBooks
(available at [Amazon.com](https://www.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