

StirFry Seminars & Consulting

March 2020

Finding Peace In Times of Fear

There has never been a time quite like this, but the feelings and the impact are quite familiar throughout history. What we are seeing and experiencing is the collapse of almost everything we hold dear and to which we rely upon for safety and familiarity and, sometimes, our very existence.

I imagine that every great leader that has ever stepped out into their destiny, was afraid as they entered into the unknown...into uncharted territory, not knowing what lay ahead or if they were going in the right direction. Someone once asked: *What will become of us?* And the response was: *The world will decide....it always does.* I think that this our time. Today. We can choose every day to either panic or to help with what is happening. We can decide to pretend that all is well or we can choose to see and feel the pain and the despair and the hope that resides inside all of us and in the world around us. We can delude ourselves that we are in total control or that what we face is something we cannot control or fully comprehend or define.

So, where is the ground that we can stand on? Where is that place where we can find solace and peace? For each of us, I believe that place can only be found within ourselves and in how we choose to respond or not to.

So, I have some humble suggestions:

Breathe. Let in the fearing and the hoping. Scream, cry, love and laugh. Wake up with gratitude for what you have and what you do not. Remember to embrace with caring and with compassion those you love and those you have not reconnected with for a long time or have unfinished business with. In other words, there is no time like today to text, write letters, leave a card or flowers or both.

Recently, a friend warned me of the dangers of touching the fuel handle at the gas station. She recommended that I use the paper towels that were normally used to clean our windshields. I was taken aback, but did exactly as I was told. As I went to reach for the towels, a woman who had just finished fueling her car, looked up at me and said, Hello! She said it with the nicest smile and with so much sincerity. You see, I was only focused on the task at hand and the fearing that came with it... I had forgotten to look up and around me. In other words, I was *disconnected* to the world around me. Fear had done that. I looked up at her and smiled and said hello back. We reconnected. We remembered each other. She reminded me that we weren't separate. We only choose to be separate.

As Mother Teresa once shared: *Perhaps we have no peace because we have forgotten that we belong to each other.* I sincerely believe that during times like these...that we need each other. That we need all the loving and caring that we can offer to each other. And when someday this particular crisis is over... that we remember to keep on connecting. To keep on loving and caring for each other. That is the world I want to live in and to leave for my son and for all of our children.

Lee Mun Wah





Develop Your Skills While Practicing Social Distancing

SFS ONLINE MINDFUL FACILITATION TRAINING

In one of our most popular live online trainings, Lee Mun Wah will demonstrate the myriad of ways that facilitation, when practiced using Mindful Techniques, can become a useful tool in helping therapists, educators, and counselors to become more culturally competent and skilled in developing and processing individual and group issues from a diversity and therapeutic lens, using filmed vignettes, role plays, diversity films, personal stories, and interactive exercises.

Some of the Mindfulness Techniques that you will learn are:

- The Art of Intent & Impact
- Advanced Interventions for Individual/Group Interactions
- How to De-escalate Cultural Conflicts Within Seconds
- 21 Ways to Stop a Diversity Conversation
- How to Transform Anger Into Compassion and Curiosity
- Ways to Diminish Fear Through Curiosity & Self-Reflection
- How to Create a Culturally Competent Community In Our Classrooms & Faculty
- Ways to Develop Empathy & Trust Using a Diversity Lens
- The Art of Noticing What Is Missing
- How to Transform A Disconnection Into A Reconnection

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.

Date: Saturday, April 18, 2020

Time: 9am -1pm • \$150 Limit 25 Participants

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

For more info: ellen@stirfryseminars.com

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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.

There, you can view Director Lee Mun Wah's
latest film, *If These Halls Could Talk* as well as
The Color of Fear, *Last Chance for Eden* and *Stolen
Ground*. Your rental fee allows you to access each
film for your chosen time period. Please note
StirFry Seminars' Copyright and Use Agreement
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Kindle eBooks!

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



This book by Lee Mun Wah explores
the questions people of color and
whites are afraid to ask of each other
and the answers that we are afraid
to hear. Over 150 folks from all over
the country participated in 'breaking
the silence' about what separates
and divides us as a nation, in our
workplaces, and as friends.

THE ART OF MINDFUL FACILITATION



The Art of Mindful Facilitation was
written by Lee Mun Wah to share
his experiences and expertise with
students, other diversity trainers,
and anyone wishing to deepen
their knowledge of race and group
dynamics. The book describes his
twenty years as a master diversity
trainer and facilitator.