

StirFry Seminars & Consulting

DECEMBER 2019

I Want You to Be Brave

I recently heard those lines from an old song, "I want you to be brave." When I heard those words, something inside of me resonated about how I had been feeling lately given our political environment - wishing someone would be brave enough to speak up in the face of so many obvious lies and inequities.

Recently, I took a chance and told a good friend of mine that I felt he was afraid of confronting issues of oppression and always wanted to only talk about what was good and positive. He immediately referenced a famous white man at his university who focused on building bridges, instead of walls. I told my good friend that we were both headed in the same direction, only I was approaching it from a different perspective.

What I meant was that I often hear white folks talk about inclusion and coming together, but seldom about what divides us or what part they, too, play in white supremacy and privilege. Not too long ago, a white reporter wanted me to interview me about inclusion. I refused. He kept telling me how he couldn't understand why not, since I was one of the foremost authorities on diversity issues in this country. I laughed and asked him to ask me why I had refused. So, he asked me and I answered, "I am only willing to talk about inclusion, if you are also willing to also ask me to talk about exclusion." You see, inclusion in the United States is more about numbers, holidays and representation. But, very seldom about exclusion: injustice, inequities, discrimination, micro-aggressions or about what we are unwilling to change or accept.

We are at a turning point in our country: whether or not we are willing to be brave enough to say and do something about what is not happening in our country. Willing to speak up about those poor migrant children and their families locked in cages who are experiencing untold permanent emotional and physical trauma. Willing to say/do something about the violence of discrimination running rampant in every institution in our country. Willing to say/do something about the mindless shootings of our young black men and women. Willing to say/do something in the face of so many natural disasters that are triggered by our hesitation and unwillingness to truly confront climate change. You see, when we are willing to hear those who are brave enough to speak the truth, and in response, we are truly moved, curious, self-reflective, willing to take responsibility, and open to changing, then we will be able to create a bridge based on trust and authenticity. I wrote this recently:



"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, it is where the road ends, that our path begins."

Lee Mun Wah



NEW! ONE-DAY SATURDAY WORKSHOPS

You Don't Understand Where We're Coming From or How We're Feeling!

How many times have we heard students say this, but we often don't know how to respond or what to do because we're scared or feeling defensive? Students from underrepresented groups often feel a lack of understanding or sensitivity about their cultural differences. They often feel that they have to 'blend in' or 'leave a part of themselves at the door' in order to be accepted, believed, or respected. In this much needed training, educators will learn a myriad of ways to mindfully facilitate these types of situations through the use of curiosity and self-reflection, as well as innovative listening and responsive techniques that help to de-escalate conflicts with minutes.

Saturday, December 14, 2019 9am – 3pm Cost: \$150

Tea Time With Lee Mun Wah

In this very unique and intimate workshop, Lee Mun Wah will share some of his most challenging and profound experiences as a diversity trainer, educator, filmmaker, and community therapist as he travelled all across this country over a span of thirty-three years, showing his films, giving keynotes, facilitating workshops and trainings on diversity issues.

As Lee Mun Wah walks us through a myriad of his experiences, participants will have a rare opportunity to hear his thought processes, insights, why he chose certain interventions, and how his mindful practices became the foundation and focus of all his individual and group interventions. Participants will also have an opportunity to ask him questions and also present situations that they might need help with.

Saturday, January 11, 2020 9am – 3pm Cost: \$150

Why Do I Have to Be Belligerent Before You'll Listen to Me?

Hillary Clinton was confronted by a black student from Black Lives Matter at one of her rallies when she was running for President. She became defensive and the situation escalated. We live in a time where moments like these are becoming more and more commonplace in our workplaces, classrooms and in our communities. We can either become defensive and see this as a crisis or we can decide to find ways to use this as an opportunity for connection and understanding.

In this training, discover new and innovative ways to open up the conversation when a confrontation occurs, rather than shutting it down. Learn how to make use of mindfulness techniques that encourage and teach curiosity, empathy and self-reflection.

Saturday, January 25, 2020 9am – 3pm Cost: \$150

Lee Mun Wah is a master diversity trainer, educator, poet, storyteller, author and filmmaker. His groundbreaking film, *The Color of Fear*, has been seen by over 30 million viewers all over the world. In 1995, Oprah Winfrey did a one-hour special on his life and films.

Folks from all over the country have taken his diversity workshops and trainings in corporations, universities, and social agencies. His TED talks about his struggles of growing up as a Chinese American boy from the flatlands of Oakland, California to the boardrooms of corporate America and the halls of the United States Pentagon have inspired thousands all over the world.

All Workshops held at the Quan Yin Training Center: 2311 8th Street, Berkeley, CA 94710

For more information: 510.204.8840 ext.103 Email: ellen@stirfryseminars.com

DIVERSITYTRAININGFILMS.COM

Streaming rentals now available for extended rental periods:
24 hours • 72 hours • 1 week • 1 month • 6 months • 1 year

StirFry Seminars & Consulting makes its acclaimed diversity documentary films available on-demand for individuals and students via digitally-streamed video at:

www.DiversityTrainingFilms.com

Stream 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 (24 hours, 72 hours, 1 week, 1 month, 6 months, 1 year). Please note StirFry Seminars' Copyright and Use Agreement prior to purchase.

Purchase DVD copies of our diversity training films at:

www.stirfryseminars.com/store

FEATURED WORKSHOP

Responding to a Discriminatory Incident

Facilitated by Lee Mun Wah

Jan 31-Feb 2, 2020

Friday 2pm to 9pm; Saturday 8am to 6pm;

Sunday 8am to 2pm

Quan Yin Training Center • 2311 8th Street, Berkeley, CA

Often, discriminatory incidents and lawsuits emerge from environments where diversity issues are seldom discussed and where cultural differences are "celebrated" but not practiced or represented. During this workshop, we will explore how to create a culturally competent and sensitive community that is able to embrace and respond to diversity.

Participants will:

Understand how one's personal and community history affects one's self-esteem and sense of safety • Learn ways to respond with honesty and compassion when a conflict occurs that involves a diversity issue • Create a sense of community and understanding among a diverse culture of people • Learn how to ask meaningful and intimate questions of individuals from diverse cultures • Understand how differences (i.e. racial, gender) can affect relationships, communications & behaviors • Discover how to observe and make use of the intent and impact of all of our communications • Learn the art of listening and responding cross-culturally

For More Information: 510.204.8840 ext. 103
or www.stirfryseminars.com/BTC

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All Store Items \$50 or Less!



Films \$50 (or less) and other products \$25 (or less)

www.stirfryseminars.com/store

Questions? 510-204-8840 x 100

STIRFRY CALENDAR OF UPCOMING EVENTS

December 14, 2019 Berkeley, CA **	<i>You Don't Understand Where We're Coming From</i> or <i>How We're Feeling</i> One-Day Saturday Workshop Open to the Public
December 6, 2019 Redmond, WA	<i>The World Is All Around Us</i> Not Open to the Public
January 8, 2020 Charlotte NC	<i>Creating Community in a Diverse School Environment</i> Not Open to the Public
January 11, 2020 Berkeley, CA **	<i>Tea Time With Lee Mun Wah</i> One-Day Saturday Workshop Open to the Public
January 25, 2020 Berkeley, CA **	<i>Why Do I Have to Be Belligerent Before You'll Listen to Me?</i> One-Day Saturday Workshop Open to the Public
Jan 31-Feb 2, 2020 Berkeley, CA **	<i>Responding to a Discriminatory Incident</i> 3-Day Workshop Open to the Public
Feb 7, 2020 Berkeley, CA	<i>One-Day Private Workshop</i> Not Open to the Public
February 8, 2020 San Jose CA	<i>Mindfully Resolving Cross-Cultural Conflicts in the Classroom; Creating Community & Connection in a Diverse School Environment</i> * California Teachers Association Good Teaching North Conference • Open to the Public

For StirFry's complete Calendar of Upcoming Events,
please visit www.stirfryseminars.com/events

** Held at the Quan Yin Training Center,
2311 8th Street, Berkeley, CA