

StirFry Seminars & Consulting

May 2020

The Path of Mindfully Living

Mindfulness is a lifelong process that requires a tremendous amount of practice and focus, not only for facilitating workshops, but in our everyday relationships at work, in our communities and with our families and loved ones. So often, we assume that mindfulness is merely about being able to define and include it in our brochures and mission statements, primarily as way of declaring to the world that we have arrived and are committed to inclusion and equality. But, that is really just talking about mindfulness, not truly integrating it into our daily lives and workplaces as something that is useful, necessary or even critical to our survival and with those who are around us.

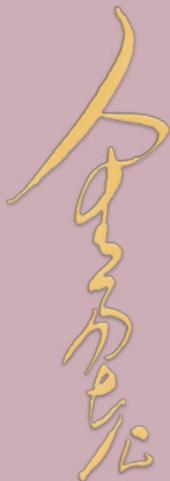
Today, we are faced with a constant bombardment of polarities that has permeated into every fabric of our society. Our exchanges are filled with little or no discourse about how to authentically connect or even to notice how disconnected so much of the time we are with each other because racism, classism, sexism, homophobia and the list goes on and on. The truth be told, we have become a society fueled daily by fear and hatred, separation and alienation. We interact with others, not out of curiosity or to seek a deeper understanding or friendship, but to blame and accuse as a way of avoiding a much deeper truth – ourselves and what is missing that is keeping us apart and fearful of those who are different from who we are.

I was recently asked to facilitate a series of workshops for a company on how to promote compassion and community. The sponsors wanted me to reiterate to their employees during the workshop about their key points about compassion that were outlined in their mission statement. I was taken aback because I found their request both contradictory and hypocritical. For a moment, I realized why I had hesitated to respond. I hesitated because I knew what was at stake: that there could be a price for me, as a person of color, telling them the truth: that I had not experienced nor witnessed them showing much compassion or community in their interactions with their employees or even myself. One employee secretly shared with me that so many of their employees of color felt that were valued for what they could do for the company, but not for who they were. Does this sound familiar?

So, how do we reconnect in a way that heals and brings us back together again? Well, it begins with first acknowledging that we can't transcend or get beyond our fears and disconnections unless we are first willing to acknowledge that a problem does exist and to take responsibility for our part, not just by simply defining the problem or a one day power point lecture on diversity awareness. As James Baldwin once wrote: *Not everything can be solved, but nothing can be solved unless it is faced.*

What is sorely needed is a willingness to hear from others what their experiences have been or haven't been and what is needed so they can feel safe and valued, acknowledged and appreciated for gifts they bring personally and culturally. And that each of those 'gifts' are integrated into the very fabric of how the company operates and creates inclusive policies in their hiring practices and promotions with the goal of deepening our relationships and widening our lens of the world. So that each person feels they are valued for who they are, not just what they can do for the company. It is when we practice diversity, not just celebrate our differences that we are truly fulfilling The Dream that Martin Luther King, Jr. had hoped for us and for our children. As Virginia Wolf once wrote: *We are all different. What divides or brings us together is the value we place on those differences.*

Lee Mun Wah





ONLINE WORKSHOP • ALL LEVELS WELCOME

ADVANCED MINDFUL FACILITATION TRAINING

This workshop is one of StirFry Seminars’ most popular because participants get the chance to practice with an assortment of culturally sensitive role plays and filmed vignettes, as well as a myriad of confrontational scenarios that will hone advanced-level intervention and facilitation skill sets. Participants will also be making use of advanced-level group interventions that will enhance group processing and observational techniques.

Participants will learn:

- To Notice Intent & Impact
- Advanced Interventions for Individual/Group Interactions
- How to De-escalate Cultural Conflict Within Seconds
- 21 Ways to Stop a Diversity Conversation
- How to Transform Anger Into Compassion
- Ways to Develop Curiosity & Understanding
- How to Create a Culturally Competent Community
- Ways to Develop Empathy & 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.

Date: Saturday, May 30, 2020

Time: 9am -3pm • \$175 Limit 25 Participants
(*\$25 discount for those who attended April 18 workshop and submitted an evaluation*)

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

For more info: ellen@stirfryseminars.com

510-204-8840 x 103

One Year Mindful Facilitation Certificate Program

New Cohort for 2020-2021 Starts July 27, 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

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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