



September 2020

ONCE THERE WAS A DREAM

Some time ago, I began to notice how fascinated individuals and groups had become with some of my experiences mindfully facilitating conversations on diversity issues around the country. So, I thought I might try something different today by sharing an experience that had happened years ago.

Just before I was about to deliver a keynote to an audience of about two hundred or so educators and auxiliary staff, the sponsors announced that they wanted the principal at each table to introduce their colleagues to everyone attending. As each principal introduced their staff, I noticed how softly and methodically they went about their assigned task.

However, when it came to this one particular table

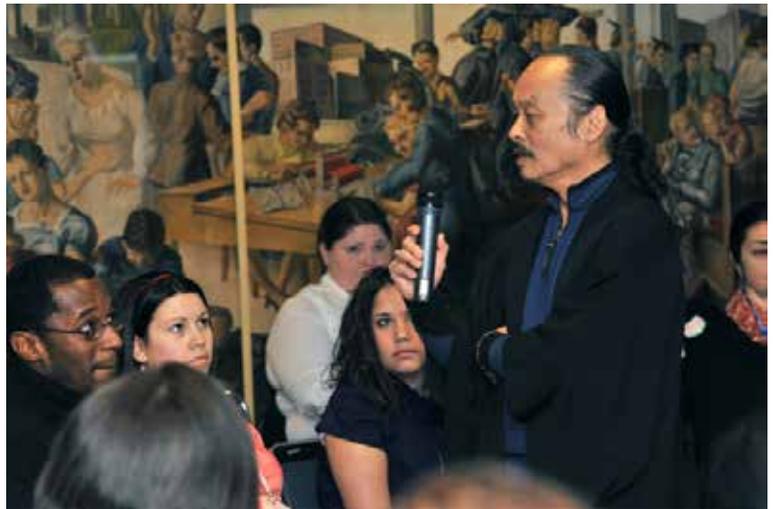
where an African American Principal was about to introduce her staff, she yelled out, "Helloooooo!" and everyone responded hesitantly. Then she shouted out again, "Helloooooo!" until everyone matched her same tone and intensity. As the laughter filled the room, she then went about introducing her staff through personal stories that were intimate and heartfelt.

When I began my keynote, everyone expected me to start talking, but I got off the stage and walked toward this fascinating woman who had captivated the crowd and myself. I asked her what her name was and she shook her head sideways, in the way that only African-Americans can, as she sang out, "Sheila...and isn't that beautiful?" I nodded effusively, laughing as our eyes effortlessly connected. Then I asked the audience how they would describe her. Their descriptions were: charismatic, incredible, dynamic, caring, compassionate, loving, a born leader, giving. As each accolade came pouring in, Sheila's eyes sparkled and she laughed adoringly to her newfound fans. Then I asked the audience what would it be like if she were a student in their class? The audience went dead quiet, until the silence seemed deafening. Everyone looked around at each other uncomfortably with many of the people of color nodding to on another. And, at that moment, Sheila broke down crying as the memories of her school days came flooding into the room. "It was so hard. No one appreciated or understood who I was. All they could see was a young, big, black girl, who, to them, was militant, violent, out of control, disruptive, and much too loud."

And thus, began a conversation...

These moments of revelation are rare, but the stories and the journeys themselves are not.

They're real and they have happened—even at this very hour—in every classroom, workplace, and community in this country. The important point here is that we cannot be content to simply celebrate our differences, but we must look closely at the value we place on those differences, and then to ultimately make good use of them in our relationships, with those we work next to, and with the students who come into our lives with their unique gifts. That, I believe, was the hope of Martin Luther King, Jr. and his Dream, not just for a select few, but for us all.



Lee Mun Wah



UPCOMING WORKSHOP

Let's Get Real: Unlearning Racism and Internalized Racism

ONLINE Zoom WORKSHOP / Facilitated by Lee Mun Wah

Sept 18-20, 2020 / Friday – Sunday 9am to 3pm PST

There is so much that is unsaid in this country about race issues. In this retreat we will explore a variety of ways to have this dialogue on race and racism that will lead to a more intimate and honest conversation and relationship with each other. This retreat is about confronting some of the issues that keep us all from talking to one another about race/racism. It is also about discovering new ways to begin that conversation, how to create a bridge to talk about our differences, exploring what opens us up and what closes us down, and finally, 101 ways to become Culturally Competent in our relationships and workplaces.

FOR MORE INFO AND TO REGISTER, VISIT STIRFRYONLINE.COM

OR CALL US AT 510-204-8840 X 103

ADVANCED MINDFUL FACILITATION TRAINING 3-DAY ONLINE ZOOM WORKSHOP

November 20-22, 2020 (Friday–Sunday) Friday-Saturday-Sunday / 9am-3 pm

Facilitated by Lee Mun Wah

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

More Info & Registration at StirFryOnline.com



One Year Mindful Facilitation Certificate Program

New Cohort for 2020-2021 - seats still available

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@stifryseminars.com
or call 510-204-8840 x103 for appointment availability.

Info at stifryseminars.com/certification

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



THE ART OF MINDFUL FACILITATION