



October 2020

The Myth: *We've Got To Do Better*



How many times have you heard this response when a discriminatory incident occurs and there is a demand for change: We've got to do better. The problem with this response is that no one is held accountable and no one is ever asked what do they mean by 'better'? Better than what? Or maybe we hear this to soothe our grief and our anguish: Our prayers and well wishes go out to the family.

After a while, we lose faith that anything is ever going to change. As Martin Luther King, Jr. once said: Wait means never. When I heard the Breonna Taylor verdict I was not surprised and neither were so many others in this country. What would have been surprising was that justice was done.

There are so many glaring similarities to this incident to so many others: Why were officers wearing body cameras if they get to choose not to turn them on? Why is the footage from the cameras often withheld sometimes for months? Why is there no punishment for turning the body cams off, like being suspended for a year without pay or fired? When there are no clear answers, these questions become perception: What are they hiding? Is this another example of police officers protecting each other through lies and deception? Are they racists/white supremacists? 'Serve and protect' who? And the list goes on and on...

Recently, I was stunned when a police union protested because they were shocked that they were being perceived as animals and criminals. The real question isn't just how shameful or disrespectful this might seem to some, but rather why do you think folks are saying this? Aren't you even curious? What part of this are you responsible for when you don't speak up when you witness another officer is breaking the law? Is the 'blue wall of silence' a myth or does it exist in every police department in America? To deny the full truth is like saying that the priests who molested all these young boys shouldn't be indicted because they mostly do good, is not only ridiculous, but a violent act of denial. Every time someone is silent in the face of an injustice...someone always pays a price.

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Unless, we as a country, are willing to question and hold responsible those who are in positions of power (which is the duty of every citizen) and to hold them accountable, there will always be two Americas: ones who are in power and those who are not.

Unless we hold a president accountable who brags about a reporter being beaten up and who by a stroke of a pen cancelled all diversity trainings in government because he felt they were 'unamerican' and no one speaks up, then we are all responsible for the anguish and rage that is spilling onto our streets and into every institution in this country.

Someone once said: You can always spot someone who is afraid of the truth by two major characteristics: trying to make you afraid of it and blaming someone for it. Sound familiar?

Lee Mun Wah

Advanced Mindful Facilitation Training

3-DAY ONLINE ZOOM WORKSHOP

November 20-22, 2020 (Friday–Sunday)

Friday - Saturday - Sunday / 9am - 3 pm

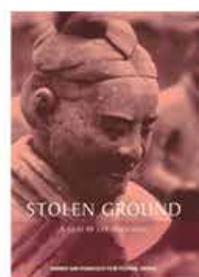
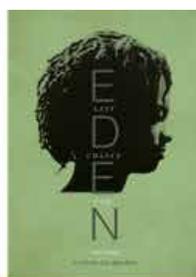
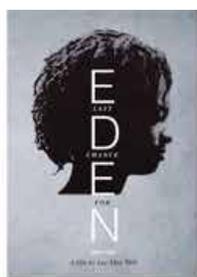
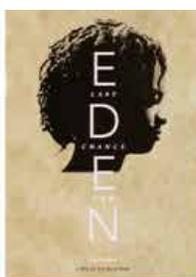
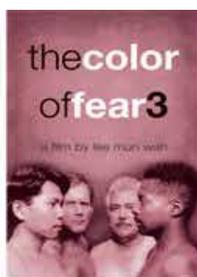
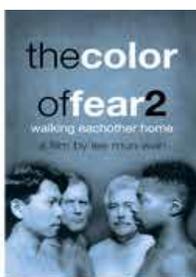
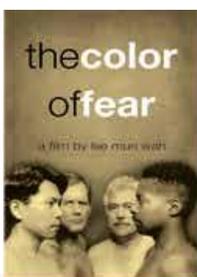
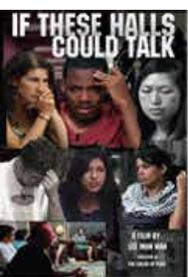
Facilitator: Lee Mun Wah

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

For more Info & Registration visit stirfryonline.com
Or contact Ellen Muhammad at ellen@stirfryseminars.com
or 510-204-8840 ext. 103.



ANNOUNCING STIRFRY'S 2021 WORKSHOP SCHEDULE

Plan your training schedule now!
More details and registration coming soon.

This schedule is subject to change.

All workshops will take place on Zoom until further notice.

Daily Workshop Hours 9 am to 3 pm Pacific

When a Discriminatory Incident Occurs

Saturday, January 30, 2021

Saturday, August 14, 2021

Let's Get Real: Unlearning Racism & Internalized Racism

Friday-Sunday, February 19-21, 2021

Friday-Sunday, September 24-26, 2021

The Intersection of Mindful Facilitation & Group Process

Saturday, March 20, 2021

Saturday, October 9, 2021

Introductory Mindful Facilitation Workshop Part 1

Friday-Sunday, April 16-18, 2021

Friday-Sunday, June 18-20, 2021

Mindful Facilitation Training Part 2

Friday-Sunday, April 30-May 2, 2021

Friday-Sunday, July 23-25, 2021

Conflict Facilitation Training

Saturday, May 15, 2021

Saturday, November 13, 2021

*Registration fees: \$175 for Saturday sessions;
\$500 for weekend sessions*

One-Year Mindful Certificate Program 2021-2022

Cohort begins August 20, 2021

More details and registration coming soon. This schedule is subject to change. All workshops will take place on Zoom until further notice.

Please contact Ellen Muhammad at ellen@stirfryseminars.com
or 510-204-8840 ext. 103.

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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**