

We Are Really Only One Question Away

In the beginning of one of my Mindful Facilitation Workbooks is this quote I wrote: We are really only one question away from being connected; from learning about one another's journey. And that one question only comes about when we are willing to be open to hearing another truth outside our own.

If we are ever going to heal as a nation, then we must find a way to engage one another in a more intimate and honest conversation about what separates and divides us. We cannot heal if we close our eyes to the wounds that many folks have to endure each day and fail to understand the effect that this has on their sense of safety and trust that things will ever change in their lifetime, for their children or in their communities.

These questions beg to be answered because if these issues are not talked about or dealt with, one day the anger and the hurt from all those thousands of slights and insults that were never dealt with will explode into something way more physical – into a violence fueled by hatred and hopelessness. Isn't that what we are seeing being played out every day throughout this country and the world?

So, the challenge for all of us is really about what it will take for us to begin this conversation. How willing are we to stay in the room, to speak our truths and to hear the truth, even if it differs from our own? And, in that discourse, are we willing to reflect, be curious, take responsibility and be open to change personally and institutionally? Respect and

understanding of diversity issues are simply words until they are practiced and integrated into the very fabric of our workplaces and communities, relationships, attitudes and behaviors. They inextricably bind us to our destiny as a community and as a nation. Will we be separate, unequal and divided or will we work together by honoring and recognizing the beauty of our differences and the contributions of everyone? The choice is ours and the moment is not tomorrow, but, today... with those we love and with those we have been taught to fear.

Martin Luther King, Jr. was right when he said in 1968, "We must learn to live together as brothers and sisters or we will perish together as fools. We are tied together in a single garment of destiny, caught in an inescapable network of mutuality. And whatever affects one directly affects us all indirectly. For some strange reason I can never be what I thought I ought to be until you are what you ought to be. And you can never be what you ought to be until I am what I ought to be."



MINDFUL FACILITATION BEGINNING LEVEL

Saturday & Sunday February 19-20, 2022

or

Saturday and Sunday, September 17-18, 2022

8am - 12 noon Pacific

\$440 for each 2-day session (price includes required materials/shipping)

Facilitated by Lee Mun Wah

In one of our most popular 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

NEW! BACK BY POPULAR DEMAND

StirFry Seminars

MINDFUL FACILITATION CERTIFICATE PROGRAM

What is the Mindful Facilitation Certificate?

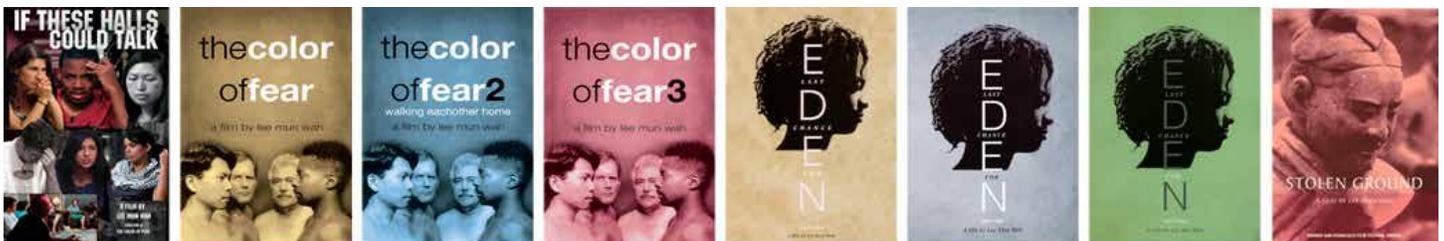
The Mindful Facilitation Certificate Program provides an intensive level communication and facilitation online training program to those wishing to develop their cultural intelligence, as well as individual and group process skills from a Mindful Facilitation and multicultural perspective. This program will also provide participants with the necessary skills and knowledge to effectively work with educational and social institutions, professional environments, and diverse communities on diversity issues and cross-cultural needs and concerns.

The Mindful Facilitation Certificate is a document provided to students who have successfully fulfilled all of the requirements of the certificate training program offered by StirFry Seminars & Consulting. It serves as a credential from an internationally-known diversity and communications training company, StirFry Seminars & Consulting, founded by CEO and Master Diversity Trainer, Lee Mun Wah. It documents the completion of a rigorous and thorough program of study in the Art of Mindful Facilitation.

For more information contact

Sayeh Afrasyabi at
sayeh@stirfryseminars.com
or call 510-204-8840 x-103.

See the full schedule of StirFry Workshops
including *Tea Time with Lee Mun Wah*
at stirfryonline.com





NEW IN 2022

Mindful Facilitation Mastery Series

Saturday dates in 2022:

February 26 • April 30 • May 14

July 30 • September 24 • November 5

8:30 am - 12:30 pm Pacific Time

\$175 per session • Facilitated by Lee Mun Wah & Co-Facilitator

This Mindful Facilitation Mastery Series is an online training series that takes place on Saturdays throughout 2022. Each session will be using filmed vignettes and role plays to enhance your mindful facilitation skill sets. Each training will feature issues such as: What to Do When a Discriminatory Incident Occurs, How to Create Community, How to Have Courageous Conversations in the Classroom and Workplace, How to Facilitate Conflicts, and the Intersection of Mindful Facilitation and Group Process. You can attend one or all of them. The choice is yours.

We will utilize a myriad of vignettes dealing with race, gender, class, physical impairments, and BIPOC issues. In addition, the last part of each session will be reserved to work on private vignettes that participants are having difficulty with or need guidance on from the group's vast wisdom and experience.

Vignettes and role plays will be drawn from Lee Mun Wah's films: *Stolen Ground*, *The Color of Fear*, *Last Chance for Eden*, *If These Halls Could Talk* and from his writings: *The Art of Mindful Facilitation*, *What Stands Between Us* and *Let's Get Real*.

Between sessions, participants will have the option to meet in groups to discuss suggested topics and as a way of creating a sense of community and support for each other.

Prerequisite: Must have attended Mindful Facilitation workshops: Beginning, Intermediate and Advanced levels.

Maximum: 25 participants • *Online Only (Zoom)*



SATURDAY MORNINGS 9:00AM - 10:30AM (PACIFIC TIME)

March 26, 2022 - April 9, 2022 - May 21, 2022

June 25, 2022 - July 23, 2022 - August 20, 2022

September 10, 2022 - October 22, 2022 - November 19, 2022

Registration Fees: \$50/session price - If you register for 3 or more sessions: each session is \$25

Registration Information at stirfryonline.com