

Introducing StirFry Seminars' Time to Get Real Series-2023-24

Each offering was created for conferences, workshops, trainings, or keynotes. They range from 4-6 hours and are tailored for administrators, corporations, universities, managers, therapists, social workers, and DEI officers. All the seminars will be making use of personal stories, filmed vignettes, and interactive exercises based on mindful facilitation techniques. These seminars were created because they were important and very much needed for the times we are living in and struggling with.

*If we wish for a better world, then we must decide
each day how we wish to live in it by what we do
and what we are no longer willing to continue doing.
Become the change you have always dreamed of.*

How Talking About & Making Use of Our Differences Makes for a Safer and More Welcoming Environment

Why is it that so many folks have to leave parts of themselves at the door before coming into a room or feel that who they are, how they speak, how they think and see the world are often not welcomed or valued?

In this unique and much needed seminar we will explore how talking about and making use of our differences makes for a safer and more welcoming environment for everyone. Where the words diversity, equity and inclusion actually mean something because they are practiced and made real every day by the people who work there.

Transforming Difficult Conversations into Authentic Relationships Based on Curiosity, Empathy & Respect

So many times, difficult conversations with those from different cultures and communities leaves us paralyzed, not knowing what to say or do next. We leave feeling guilty and ashamed because of our silence and our inability to have an authentic connection.

In this unique seminar, we will explore the roots of what makes these conversations so difficult and why, as well as how we can transform these difficult conversations with those who are different from ourselves into more intimate and trusting relationships based on empathy, curiosity and respect.

Mindfully Working With Difficult Participants

One of the great fears and struggles of managers, diversity facilitators, DEI trainers, educators and administrators is trying to work with difficult folks who refuse to listen and are often closed and highly critical of any point of view other than their own. There is often an escalation of emotions, with various groups and individuals rapidly becoming polarized, competitive, and disconnected. Sound familiar?

In this popular and much needed training, we will explore why such scenarios are becoming more common and how work with them, rather than against them, how to de-escalate these types of conflicts before they explode and turn into lawsuits with folks resigning or leaving.

Part of the problem in dealing with such intense and difficult exchanges is that most managers, diversity and DEI trainers don't have the adequate training needed to cope with these types of escalating situations in today's workplace environments. That is why this particular training is so important and needed.

What Closes Us Down/Opens Us Up When Having a Conversation About Diversity Issues

Having an honest conversation of diversity issues such as racism, sexism, homophobia and classism etc., is not easy and often leads to folks feeling unheard, devalued, and misunderstood.

In this, our most popular seminar, we will explore the myriad of ways that open up and close down a conversation on diversity issues. We will also demonstrate how to begin this conversation and how to sustain it through difficult times, when a conflict occurs, and when emotions intensify.

Exploring Why Folks Leave Parts of Themselves at the Door

In every workplace there are those who have to leave parts of themselves at the door in order to be accepted and welcomed. In this intimate and honest seminar, we will explore what are some of the root causes that force so many to have to leave parts of themselves at the door. We will also talk about how by only emphasizing our similarities and not our differences, often separates folks from different backgrounds from being able to bring their full selves into the room. As one Latina woman shared: When I can't speak honestly about my experience of being here and what it means to be a Latina ... it's like swallowing glass.

Code-Switching: How to Notice When and Why It Happens & How to Respond

Code-switching is changing who we are in order to blend in and to be accepted by the majority. A Latina participant once shared: When I have to hide and change who I am in order to blend in and to be accepted ... it's like swallowing glass. Everyone was moved and could relate to her story, because it was also theirs.

In this important seminar, participants will be encouraged to share their journey through personal stories: what they have to leave at the door and why. We will also explore how to notice when someone is having to code-switch and why, as well as how one can respond so that everyone feels that they can bring their full selves into the room and be embraced, respected and understood. In other words, that all of who they are belongs and deserves to be acknowledged and valued.

The Secret to Belonging

In this unique seminar we will discuss why belonging is such an essential part of creating a sense of community and connection in our workplaces, classrooms and communities. Seldom in our history have we experienced such intense polarization and separateness from each other because of our different religious, ethnic, gender and sexual orientations.

We will talk about what is happening that divides us, the roots of our fears and hatred, as well as how we can come together once again with a deeper sense of connection, compassion and understanding.

*As Maya Angelou once shared: I may not remember what you said or did,
but I will always remember how you made me feel.*

UPCOMING FILM SHOWING & DISCUSSION



Wednesday, July 26, 2023
7 to 9:30 pm

Come and see Lee Mun Wah's groundbreaking, award-winning film *The Color of Fear*, followed by a discussion led by the director.

Uma Gallery
3630 Telegraph Avenue
Oakland 94609

umagalleryoakland.com



Get ready to spill some tea with Lee Mun Wah!

Saturday mornings 9:00am-10:30am (Pacific Time)

In this series of interactive 90-minute workshops, Lee Mun Wah will go over some of your most pressing questions or concerns around situations you've been unsure of how to address in the past.

When you register, you can submit any questions, specific topics, or scenarios you would like to discuss with the group. Lee Mun Wah will also provide his insights into the use of mindful facilitation techniques in working with clients on diversity issues, share some of his most intense and intriguing scenarios he was personally involved in, as well as a "behind the scenes" glimpse of his journey and thought processes as he approached some of the most incredibly challenging and confrontational scenarios as a diversity trainer, community therapist, educator and facilitator.

2023 Sessions: July 8 / August 12 / September 23 / October 21 / November 18

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

Registration and full schedule of all StirFry Workshops including *Tea Time with Lee Mun Wah* at stirfryonline.com

