

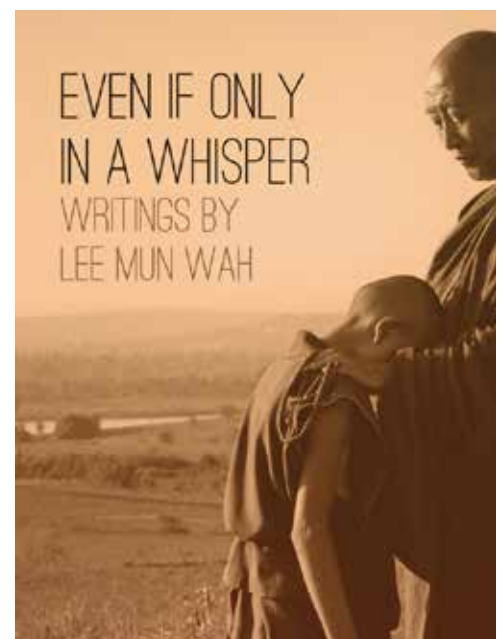
*River of Jade* is the life story of Lee Mun Wah beginning from his early days growing up poor in the flatlands of Oakland, California to the boardrooms of corporate America and the hallowed chambers of the United States Pentagon.

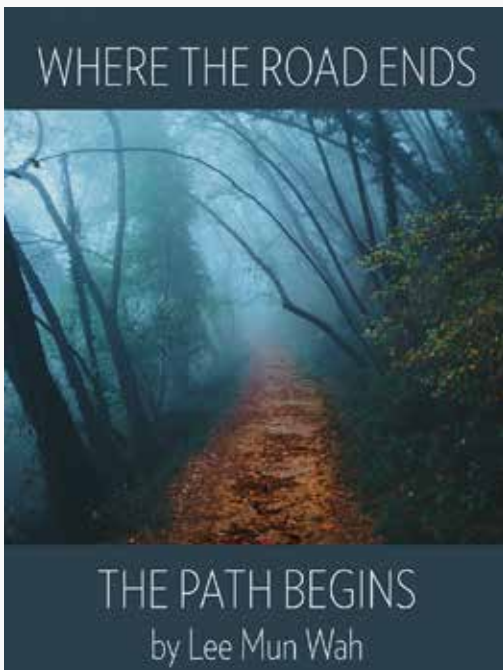
*River of Jade* chronicles his painful memories of first experiencing racism in elementary school to how the assassinations of Robert F. Kennedy Jr. and Martin Luther King, Jr. spurred him on to become a Special Education teacher in the San Francisco School District for over twenty-five years.

Lee Mun Wah also shares how the impact of his mother's murder altered the path of his life into becoming a community therapist, author, poet, filmmaker, and eventually founding StirFry Seminars & Consulting.

His stories are searingly honest and painfully real, but also a testament of hope and a deep-seated commitment to helping others find their way home through reclaiming their voices and that of their people. To remember that who we are is who we were and that the secret to changing the world has always been a mirror and the dream of a better world.

*Even If Only in a Whisper* is a compilation of Lee Mun Wah's most impactful essays over the past 35 years covering a host of diversity issues and current events in the news and around the world. He offers his personal insights and challenges each of us to do our part in making this a better world with those we love and with those we have been taught to fear.





*Where the Road Ends, The Path Begins* are Lee Mun Wah's thoughts about the philosophical and spiritual significance of mindfulness in our personal and professional lives.

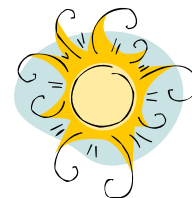
"Each time before I begin, I go through the day in my mind's eye ... reminding myself to keeping it simple, staying present, following the signs, being real and in the moment with each person and situation. The purpose of slowing it down is sothat I can see and feel the separateness and the connections, the points of deflection, the moments of grace."

**\*All of Lee Mun Wah's new publications will be available by November 1 on our online store.**



**Mindful Facilitation  
Spring Series  
Sat & Sun**

Beginning Level: Feb 3-4  
Intermediate Level: March 9-10  
Advanced Level: April 13-14  
Mastery Level: May 18-19



**Mindful Facilitation  
Summer Intensive Series  
Thurs-Sun**

Beginning Level: July 18  
Intermediate Level: July 19  
Advanced Level: July 20  
Mastery Level: July 21



**Mindful Facilitation  
Fall Series  
Sat & Sun**

Beginning Level: Sept 14-15

Intermediate Level: Oct 19-20

Advanced Level: Nov 9-10

Mastery Level: December 14-15



**The Secret to Belonging**

**NEW IN 2024!**

Creating a community of belonging where  
everyone is seen, heard and valued

Saturday, March 30 8am-12pm

Saturday, September 28 8am-12pm

*Come Join Us!*

**Lee Mun Wah's 77th Birthday Celebration**

Join other workshop participants, StirFry trainers,  
interns and staff, cast members and friends  
for a Potluck BBQ celebrating Lee Mun Wah's birthday.

**Saturday, October 28, 2023**

**12 noon to 4 pm Pacific**

**Berkeley Training Center Gardens  
2311 8th Street, Berkeley, CA 94710**

Please RSVP at [admin@stirfryonline.com](mailto:admin@stirfryonline.com) and let us know how many  
in your group and what you'll contribute to the potluck (  
main dish, salad, beverage, etc. Vegan and gluten-free dishes welcome!)

## ALSO:

As a special birthday bonus, Lee Mun Wah would like to offer a free copy of one of his three new digital books, *River of Jade*, *Even If Only In a Whisper* and *Where The Road Ends*, to the first 50 folks who send us a short video clip about your experience(s) taking one of Lee Mun Wah's workshops or trainings. \*\*

\*\*You need not be present at the party to be one of the 50.

# Upcoming Weekend StirFry Workshop

## Mindful Facilitation Intermediate Level

Seats still available!

October 14-15 (Sat & Sun) • 8 am-12 noon PST

This workshop is one of StirFry Seminars' most popular follow-up trainings from Part 1 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
- 22 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
- Noticing What's Missing Part 2
- How to Respond, Not React

Prerequisite: Participants must have completed the Mindful Facilitation Beginning Level session.  
Online Only (Zoom)

**Registration and details at [stirfryonline.com](http://stirfryonline.com)**