

# StirFry Seminars & Consulting

June 2018

## TIME PASSING

Recently, at the NCORE Conference in New Orleans, I shared with the participants, in a standing-room-only workshop, that it was 33 years ago that I first began doing this diversity work. Prior to that, I was a Special Education Resource Specialist in the San Francisco Unified School District for 25 years. I was amazed, even back then, how time felt like it had passed by so quickly. And, now I find myself once again looking backwards with the same amazement and awe at the time that has passed and all the memories that I've accumulated along the way. In the film *Joe Black*, Brad Pitt asks an elderly Jamaican woman about her life and she shares: "Ah, I have collected a lot of wonderful postcards filled with the faces of people I have met and loved."

I think that is the way I best remember it all...more as a feeling and as a connection. Moments that were indescribable and miraculous, filled with tears and rage, and the pure joy of seeing someone finally feeling validated and understood. The stories I have witnessed others share were always different and yet alike in so many ways. Even the moments of fear that seemed insurmountable when my workshops began, slowly melted away because of the honesty and authenticity of hearing each other's journey of what it took to get to this room and the comradery of our shared desire for a better world.



As I stood in front of the room at NCORE, I looked out at a sea of familiar faces, many that had invited me into their classrooms and workplaces throughout the years. Yes, we had grown older, but our hearts and souls were still committed to this work. We each understood that it wasn't just for our families, but that the next generation was depending on us to keep the dream and the torch alive and burning. That even when the times were hard and the resistance overwhelming, similar to what it feels like today, this was also a part of the journey.... the part that tests our resolve to be a mirror and a bridge.

Each person, each workshop, each mistake and experience that brought me to this place today, shaped who I was and who I became. So, on this day, I smile and I cry remembering what James Baldwin once wrote: "There are two days that are important in our lives - the day we were born and the day we find out why."

Lee Mun Wah

# CROSS-CULTURAL FACILITATION SKILLS

for Diversity Trainers, Educators & Therapists: 5-Day Intensive

Facilitated by Lee Mun Wah & Rainbow Markell • All Welcome

**July 25-29, 2018**

Wednesday 2 pm-9 pm; Thurs-Sat: 8 am-5 pm; Sunday 8 am-2 pm

Participants will explore their perception and attitudes about diversity issues through the use of films, books, vignettes and personal stories. They will learn how to:

- Listen and respond from a Buddhist & Eastern Approach
- Notice the impact and intent of all our communications and actions
- Discover the importance of curiosity as a mediation tool
- Make use of non-verbal communications
- Use Mindful Techniques to de-escalate a conflict within minutes
- Ask 26 culturally-sensitive questions that create safety & trust

For More Information: 510.204.8840 ext. 103 or [www.stirfryseminars.com/BTC](http://www.stirfryseminars.com/BTC)

## DiversityTrainingFilms.com

Streaming rentals now available for extended rental periods:

24 hours • 72 hours • 1 week • 1 month • 6 months • 1 year

StirFry Seminars & Consulting has made its acclaimed diversity documentary films available on-demand for individuals and students via digitally-streamed video at: [www.DiversityTrainingFilms.com](http://www.DiversityTrainingFilms.com). There, you can view Director Lee Mun Wah's latest film, *If These Halls Could Talk* as well as *The Color of Fear*, *Last Chance for Eden* and *Stolen Ground*.

Your rental fee allows you to access each film for your chosen time period (**24 hours, 72 hours, 1 week, 1 month, 6 months, 1 year**). Please note StirFry Seminars' Copyright and Use Agreement prior to purchase.

*If you would like to own a DVD copy of our diversity training films, you can purchase them on the StirFry Seminars & Consulting website at: [www.stirfryseminars.com/store](http://www.stirfryseminars.com/store).*

## SPRING SALE

25% off all regularly-priced items by entering coupon code

**SPRING2018**

upon online checkout at:

[www.stirfryseminars.com/store](http://www.stirfryseminars.com/store).

**Hurry!**

**Offer Expires 7/15/18**

## StirFry Calendar of Upcoming Events

July 23, 2018 Philadelphia, PA	Keynote - What Stands Between Us Greater Philadelphia Trauma Training Conference • Open to the Public
July 25-29, 2018 ** Berkeley, CA	Cross-Cultural Facilitation Skills for Diversity Trainers, Educators & Therapists 5 Day Intensive StirFry Seminars Berkeley Training Center • Open to the Public
August 1, 2018 Los Angeles, CA	What's Missing in Our Classrooms? and Responding to Discriminatory Incidents at School • UCLA California Teachers Association (CTA) Summer Institute • Open to the Public
August 7, 2018 Minneapolis, MN	TBA • Not Open to the Public
August 10, 2018 Oakland, CA	Keynote - An Unfinished Conversation • Not Open to the Public

For StirFry's complete Calendar of Upcoming Events, please visit [www.stirfryseminars.com/events](http://www.stirfryseminars.com/events)

Contact Us: 510.204.8840 Trainings, Films & Diversity Products, ext. 103 • [www.stirfryseminars.com](http://www.stirfryseminars.com) • [www.diversitytrainingfilms.com](http://www.diversitytrainingfilms.com)

\*\* Held at the Quan Yin Training Center, 2311 8<sup>th</sup> Street, Berkeley, CA