

Let's Get Real: Unlearning Racism (Overnight) Retreat

Facilitated by Lee Mun Wah

April 13-15, 2012

Friday 2 pm until Sunday 2 pm

Quan Yin Training Center • 2311 8th Street, Berkeley, CA

There is so much that is unsaid in this country about race issues. In this retreat we will explore a variety of ways to have this dialogue on race and racism that will lead to a more intimate and honest conversation and relationship with each other. This retreat is about confronting some of the issues that keep us all from talking to one another about race/racism. It is also about discovering new ways to begin that conversation, how to create a bridge to talk about our differences, exploring what opens us up and what closes us down, and finally, 101 ways to become Culturally Competent in our relationships and workplaces.

Before we can truly become a multicultural nation, we must have a relationship based on respect and understanding, reflection and curiosity; where our differences and our similarities are embraced, valued and integrated into the very fabric of our workplaces, communities, schools and governmental institutions. It also means coming to an understanding that awareness and holidays are just the beginning.

What is required is an on-going dialogue and relationship with each other. I hope that you will join us in making this not only a better world for our children, but for ourselves – not by starting tomorrow, but by beginning that conversation today.

Participants will learn:

- 9 Healthy Ways to Communicate
- 101 Ways to Become Culturally Competent
- 21 Statements That Stop A Diversity Conversation
- The Art of Listening & Responding Cross-Culturally

This is an overnight retreat. Please bring with you sleeping bags/overnight gear if you wish to spend the night in our training center and/or on the property grounds.

**For More Information: 510.204.8840 ext. 101
or www.stirfryseminars.com**

STIRFRY SEMINARS & CONSULTING: WORKSHOP REGISTRATION FORM

Workshop: **Let's Get Real : Unlearning Racism (Overnight) Retreat, April 13-15, 2012**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (circle one - Home/Work/Mobile): _____

E-mail (**important**) : _____

Occupation: _____ Agency: _____

Ethnicity: _____ Gender: _____ Sexual Orientation: _____

How did you hear about this training? _____

Which of our films have you viewed? _____

WAIVER

Please read carefully and sign this waiver as part of your registration.

I understand that my participation in this training is voluntary. It may involve my emotions in a manner that might subject me to emotional distress. I agree to accept such risks and assume the responsibility for emotional distress and/or other effects that may arise from my own interpretation of the process. I understand that this training is not intended as psychotherapy or as a substitute for psychotherapy. Further, I release StirFry Seminars & Consulting and all staff/independent contractors thereof from all claims made by me or on behalf of me (or my estate) by reason of any illness or damages arising from participation in this training.

I also acknowledge that this training does not offer any license or certification to use the film *The Color of Fear* or other StirFry films for personal or independent professional purposes. I understand that the copyright and use agreement for legal use of the film (and other StirFry products) is available from StirFry Seminars & Consulting, Inc.

Signature: _____ Date: _____

Fee for Session:

REGISTRATION FEE: (\$300-\$900+) \$ _____

* Place yourself on our sliding scale, based on what you can afford *
(does not include required materials - see below)

RECOMMENDED:

Corporate/ Governmental Rate: \$900+

Educational/ Non-profit Rate: \$600+

Individual/Student Rate: \$300+

Required Materials

You are required to purchase the items you do not already have.
Check the items you need:

What Stands Between Us: Racism Conversation Flashcards (\$25) \$ _____

Booklet: *The Practice of Honoring Diversity* (\$10) \$ _____

Let's Get Real Book (\$25) \$ _____

Reside in California? If so, add tax to materials (.0875%) \$ _____

* Note: These items will be made available for you at the workshop.

TOTAL (Registration plus Required Materials and tax, if applicable) \$ _____

Payment Method: (**Please make checks payable to: StirFry Seminars & Consulting**)

Check Visa MasterCard Amex

Exp. Date: _____

(Please include 3-4 digit number on the back of your card) _____

Name on Card: _____

Signature _____

Meals, Hotels, Shuttles, Training Attire: Meals, hotel accommodations, and transportation are the sole responsibility of the participants, however, information can be found on Berkeley, CA at <http://www.berkeleycvb.com>. We strongly encourage you to purchase refundable flights in case the course has to be cancelled due to low enrollment. Plan to wear casual, comfortable clothing. Be aware that there are occasionally animals present at the Training Center (cat/dog) for those participants who may have allergies.

Cancellation Policy: A full refund is available for cancellations received at least two weeks prior to the start of the training. You may also transfer your registration to another individual from your organization if you find that you cannot attend. If registration is full, StirFry will notify you of the dates of the next scheduled training.

FAX or MAIL Registration Form:

Fax: 510.204.8572 •

Mailing Address: 2311 8th St. Berkeley, CA 94710

Questions? Contact Us: • Phone: 510.204.8840 ext. 101

email: melissa@stirfryseminars.com