

StirFry Seminars & Consulting

October 2008

WALKING EACH OTHER HOME: A National Conversation on Race

Our first National Conversation on Race at the First Congregational Church in Oakland, California was a tremendous success! There were countless stories that brought us all to tears: a father watching the light of his young son slowly dimming because of the color of his skin, a young Palestinian student sharing what it was like being treated as if she were a terrorist and a young man being handcuffed and thrown to the floor by border patrolmen simply because they had a sense he was 'up to no good.'



On the second day we held a training on how to facilitate a diversity conversation in the home/workplace. The first twenty people who attended were given free Diversity Conversation Kits, compliments of Best Buy, one of our major sponsors. Here are some comments from participants:

"As Lee Mun Wah has said over and over, it starts with us and we slowly include everyone around us. I went home thinking about the responsibility I have for myself and others....One of the things I learned is to slow down and listen. Simple, but a challenge for me. I will slow down and listen."
-Bernadette



"I have been looking for materials like this for my ESL curriculum to talk about diversity and to receive more insight on the students' immigrant experiences in living in the US. The students can learn to express their experiences of being immigrants by using these cards. Some students have fears of someone thinking that they are not appreciative of living in the US if they voice their insights." -Mary



"I have already thought many times upon the workshop, and what you Lee, and what other participants shared. It will continue to nourish me and my work throughout my life." -Iris

Both days were enhanced by the Latino ritual men's group, Xochipilli, and songs by Kelly Orphan Martínez with Abdul Hamid, Evelie Delfino Sales Posch and Sara Bukachek. The two-day training was also facilitated by Linda Compton, Bonnie Wills and Aliah MaJon.



It is our hope to continue these conversations throughout the Bay Area and in cities all over the country. If you would like to host one in your community, please call us at 510.204.8840 ext. 101, or email me at munwah@stirfryseminars.com. Also, on October 10-12 we will be offering our most popular workshop, *Unlearning Racism*, and on November 7-9 we will be offering our *Mindfully Resolving Conflicts* workshop. Both will be held at our Berkeley, CA, Quan Yin Training Center. Most of our classes are filling up, so please sign up as soon as possible!

In friendship and community,

Lee Mun Wah

Mindfully Resolving Conflicts

StirFry Calendar



Beginning Level

Facilitated by Lee Mun Wah

November 7-9, 2008

Friday 2pm - 9pm

Saturday 8am - 6pm

Sunday 8am-2pm

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

Workshop Objectives:

- Discover a variety of ways to de-escalate a conflict within minutes
- Learn how to replace adversarial and defensive statements with 26 responses that are mindfully & culturally receptive
- Explore different methods that can help in creating a sense of community between diverse groups & individuals
- Enhance your observational and listening acuity by learning how to translate non-verbal messages into meaningful interventions

PLEASE INQUIRE ABOUT NEED-BASED WORK EXCHANGE OPTIONS.

TO REGISTER, CALL 510.204.8840 EXT. 101

OR REGISTER SECURELY ONLINE AT

[HTTP://WWW.STIRFRYSEMINARS.COM/PAGES/EVENTS.HTM](http://www.stirfryseminars.com/pages/events.htm)

October 8, 2008 Hartford, CT	Mindfully Resolving Conflicts Intro & If these Halls Could Talk NECME Conference Workshop Open to the Public
October 10-12, 2008* Berkeley, CA	Unlearning Racism Open to the Public
October 13-14, 2008 Memphis, TN	Cultural Competency for Leaders Not Open to the Public
October 16, 2008 New York, NY	Film Showing & Discussion: The Color of Fear Open to the Public
October 20-22, 2008 Salem, OR	Cultural Competency for Leaders Not Open to the Public
October 23, 2008 Las Vegas, NV	Mindfully Resolving Conflicts Intro ISETL Conference Workshop Open to the Public
November 1-2, 2008 Hilton Head Island, SC	Keynote & Intersessions SACSA Conference Not Open to the Public
November 7-9, 2008* Berkeley, CA	Mindfully Resolving Conflicts: Beg Open to the Public
November 11, 2008 Nashville, TN	Mindfully Resolving Conflicts Intro ACHE Conference Workshop Open to the Public
November 12, 2008 Athens, GA	Walking Each Other Home: A National Conversation on Race Not Open to the Public
November 21, 2008 Bloomington, MN	Denial is Not a River in Egypt & Cultural Competency for Educators The Collaboration Conference Open to the Public
December 3, 2008 Mankato, MN	Mindfully Resolving Conflicts Open to the Public

** Held at the Quan Yin Training Center, 2311 8th Street, Berkeley, CA
For more information and links to conference workshops, visit
<http://www.stirfryseminars.com/pages/events.htm>*

Contact Us: 510.204.8840 Trainings, Films & Diversity Products, ext. 101 www.stirfryseminars.com